

A River Runs Through Us

Food and Activity

90-Day Journal for Wellness



A COLLABORATIVE EFFORT OF:

Indian Health Service Division of Diabetes Treatment and Prevention

> Indian Health Service Tribal Leaders Diabetes Committee

MH13D11994



A River Runs Through Us

90-Day Journal for Wellness

Office of Minority Health Resource Center





Knowledge Center 1101 Wootton Parkway Rockville, MD 20852 1-800-444-6472

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To order FREE copies of *A River Runs Through Us* book and journal, go to: http://www.ihs.gov/MedicalPrograms/Diabetes, click on Online Catalog, and then Educational Resources for Patients with Diabetes.

This journal belongs to:
For the dates: through

A River Runs Through Us

90-Day Journal for Wellness

"I know that strength comes from within myself," said Richelle Garcia, a young Kiowa mother with diabetes. Her words reflect what we all know that to overcome diabetes, we must look inward. We have the answers inside ourselves. These are strong, wise words from our ancestors. If we listen to them, we will find the way to health and peace.

This journal is designed to help you on your journey to wellness. Many have heard the words of health staff. We may know what to eat, how to exercise and how to check our blood sugars. Now we must become still and listen to ourselves. We are ready to make changes, to become healthier, to overcome diabetes.

Listen to the words of tribal community members in this journal. Read the message for each day. Write down your thoughts and feelings. Let the words inside you be your guide to good health of mind, body and spirit.

Thank you to Richelle Garcia, and all other tribal community members, for sharing their thoughts for this journal.

Thank you to members of the Indian Health Service

Tribal Leaders Diabetes Committee for providing the idea for

"A River Runs Through Us" series of booklets.

Important Numbers

Name	
Address	
Phone	
Emergency Contact	
Doctor	
Diabetes Educator	
Dentist	
TT	
Hospital	
nl	
Pharmacy	

Medication Log

Dose	Date Started	Date Stopped
	Dose	Dose Date Started





A doctor inspired me.

He told me that I had to draw from my heart, that I had to decide whether I wanted to be healthy or not.

I know that strength comes from within myself.

Richelle Garcia, Kiowa





My goals for the next ten days:

Eating habits goal:	
Physical activity goals	
Physical activity goal:	
Spiritual/emotional goal:	

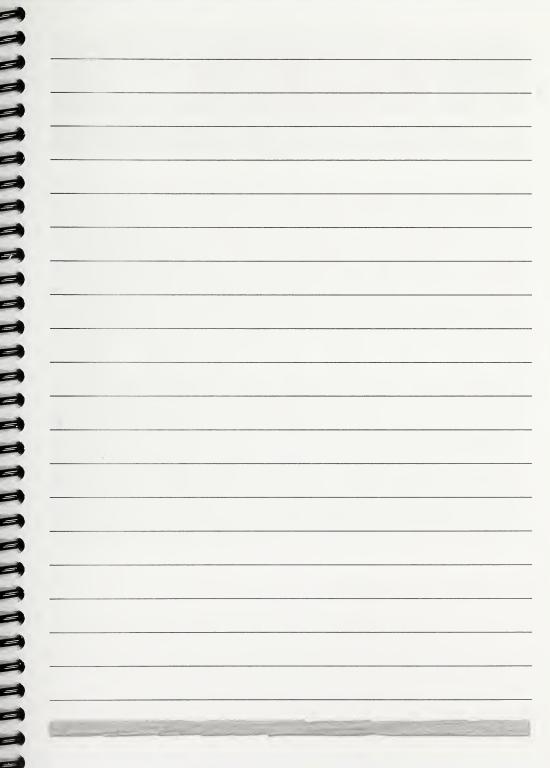
TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other							
Today's Physic	Today's Physical Activity:						
			fo	or	minutes		
Today's Eating	Habits:						
Great	Good	☐ Fair		Not Good			
Today's Feeling	gs:						
Happy Sad	Stressed	Peaceful	Angry	Worried	Other		
Today's Messa You can con sugar is the k	trol your		0	ntrolling	g your blood		
Today's T	hought	: 5:					



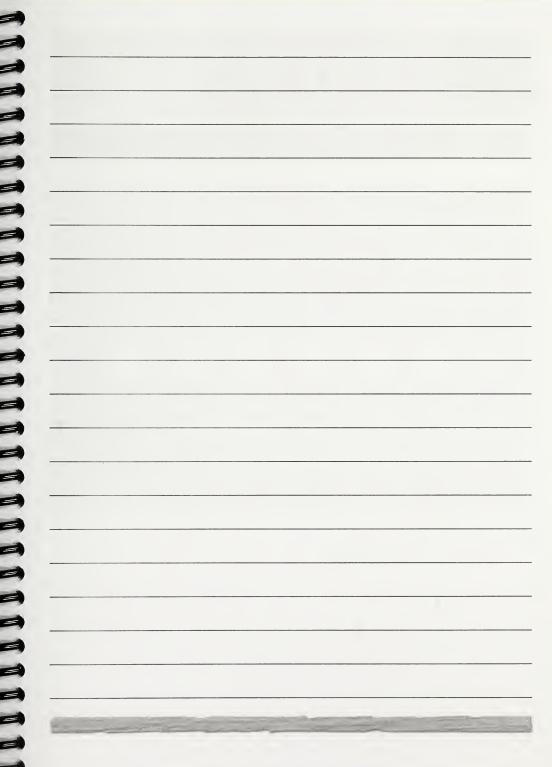
Breakfast	TODAY'S BLOC Lunch	D SUGAR LEVELS Dinner	Eve/Other
Today's Physic	al Activity:		
		for	minutes
Today's Eating Great	Habits:	air Not Go	od
Today's Feeling	js:		
Happy Sad	Stressed Peacef	ul Angry Worri	ed Other
A short-term or walking	erm and long-ten goal could be cl for 30 min	m goals to help c necking blood su nutes, two d ducing your dial	igar twice a day ays a week.
Today's T	houghts:		



Breakfast	TODAY'S BLOOD Lunch	SUGAR LEVELS Dinner	Eve/Other
Today's Physic	al Activity:		
		for	minutes
Today's Eating	Habits:		
☐ Great	☐ Good ☐ Fa	ir Not Good	
Today's Feeling	gs:		
(A) (P)			
Happy Sad	Stressed Peaceful	I Angry Worried	Other
Today's Messa	ge:		
		n, what and how	much you eat
affects how r	nuch your blood	sugar rises.	
Today's T	houghts:		



Breakfast	TODAY Lunch	r's blood s	UGAR LEVE		Eve/Other
					210,011101
Today's Physic	al Activity:		fo	r	minutes
Today's Eating	Habits: ☐ Good	☐ Fair		lot Good	minutes
Today's Feeling	gs:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messa	ge:				
Test your blo One to two h blood sugar s	ours after	a meal, i	,	_	
Today's T	hought	25 :			



Breakfast		OOD SUGAR LEV		Fire Other
Diedkiast	Lunch	Dinne	er Table 1	Eve/Other
Today's Physic	al Activity:	fo	or	minutes
Today's Eating]Fair □1	Not Good	
Today's Feeling	gs:			
Happy Sad	Stressed Pea	aceful Angry	Worried	Other
, ,	ge: for 30 minute three 10-min	•	You can l	oreak the 30
Today's T	houghts:			



Breakfast	TODAY'S Lunch	S BLOOD S	UGAR LEVE Dinne		Eve/Other
Today's Physic	al Activity:		fo	r	minutes
Today's Eating	Habits:	☐ Fair		lot Good	
Today's Feeling	js:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messa	ge:				
Look at your bottoms of yo	,	,			to check the
Today's T	houghte	5:			



Day 7 Today's Date:

Breakfast	TODAY'S BLO Lunch	OD SUGAR LEVE		Eve/Other
Today's Physic	al Activity:	for	r	minutes
Today's Eating			lot Good	minutes
Today's Feeling	gs:			
Happy Sad	Stressed Peace	eful Angry	Worried	Other
Today's Messa	ge:			
	your teeth! Bru ontrol your blo ns healthy.			
Today's T	houghts:			
		-0CW-		



Day 8

Today's Date:

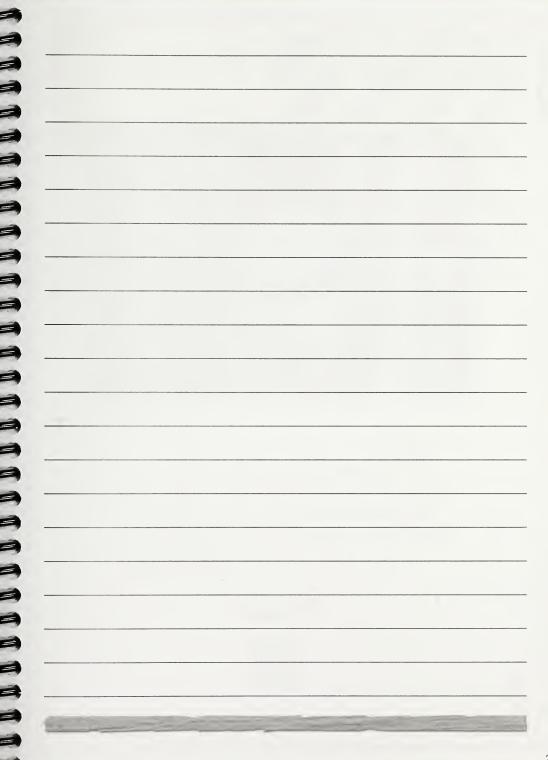
TODAY'S BLOOD SUGAR LEVELS								
Breakfast	Lunch	Dinner	Eve/Other					
Today's Physic	Today's Physical Activity: for minutes							
Today's Eating	Habits:	air Not Good						
Today's Feeling	gs:							
Keep your bl								
Today's Thoughts:								



Breakfast	TODAY' Lunch	S BLOOD S	SUGAR LEVI Dinne		Eve/Other
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Today's Physic	al Activity:		fo	r	minutes
Today's Eating Great	Habits:	☐ Fair		lot Good	
Today's Feeling	gs:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
At your next blood pressu	medical vis		*	~	sure. A good
Today's T	hought	5:			



Breakfast	TODAY'S BLOOD	SUGAR LEVELS Dinner	Eve/Other
Today's Physic	al Activity:		
		for	minutes
Today's Eating Great	Habits:	ir Not Good	
Today's Feeling	js:		
Happy Sad	Stressed Peacefu	Angry Worried	Other
_	liabetes, you are	at high risk for l an prevent heart	
Today's T	houghts:		
	1		







It's important to take time for myself. I've had to give up on some of the housework to keep up on my physical fitness. I just decided I'm not going to worry about having a perfect house.

Deborah Yescas, Miccosukee





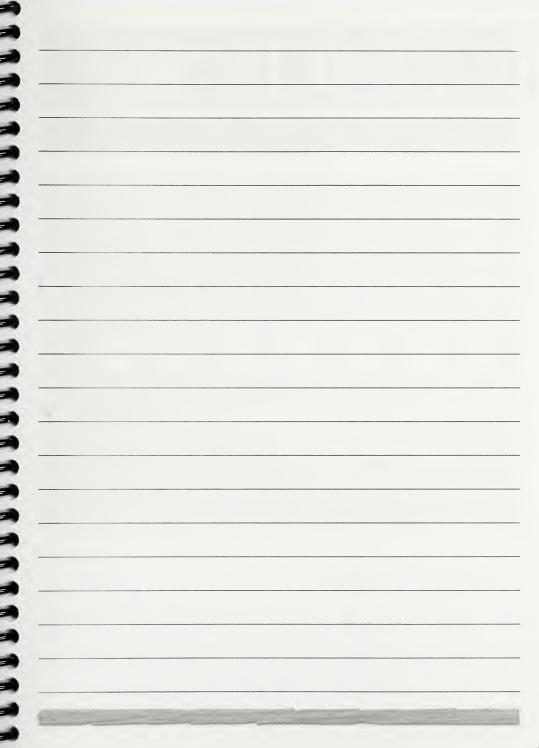
My goals for the next ten days:

Eating habits goal:			
Physical activity goal:			
Spiritual/emotional go	al:		

Today's Physical Activity: for	reakfast	TODAY'S BLO	OD SUGAR LEVE Dinne		Eve/Other
Today's Eating Habits: Great Good Fair Not Good Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other Today's Message: Many people with diabetes check their blood sugar 2-4 time each day. Testing your blood sugar will help you make health food and activity choices.					
Today's Eating Habits: Great Good Fair Not Good Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other Today's Message: Many people with diabetes check their blood sugar 2-4 time each day. Testing your blood sugar will help you make health food and activity choices.	ay's Physical Ac	tivity:			
Great Good Fair Not Good Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other Today's Message: Many people with diabetes check their blood sugar 2-4 time each day. Testing your blood sugar will help you make health food and activity choices.				for	minutes
Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other Today's Message: Many people with diabetes check their blood sugar 2-4 tim each day. Testing your blood sugar will help you make health food and activity choices.	ay's Eating Habit	s:			
Happy Sad Stressed Peaceful Angry Worried Other Today's Message: Many people with diabetes check their blood sugar 2-4 tim each day. Testing your blood sugar will help you make health food and activity choices.	Great	Good \square	Fair	Not Good	
Happy Sad Stressed Peaceful Angry Worried Other Today's Message: Many people with diabetes check their blood sugar 2-4 tim each day. Testing your blood sugar will help you make health food and activity choices.	ay's Feelings:				
Today's Message: Many people with diabetes check their blood sugar 2-4 tim each day. Testing your blood sugar will help you make health food and activity choices.		/· \ (2	(======================================	
Today's Message: Many people with diabetes check their blood sugar 2-4 tim each day. Testing your blood sugar will help you make health food and activity choices.	グ ()				011
Many people with diabetes check their blood sugar 2-4 tim each day. Testing your blood sugar will help you make health food and activity choices.	py Sad St]	ressed Peace	ful Angry	Worried	Otner
Many people with diabetes check their blood sugar 2-4 tim each day. Testing your blood sugar will help you make health food and activity choices.	av's Message:				
each day. Testing your blood sugar will help you make health food and activity choices.		h diabetes c	heck their	blood suga	ar 2-4 times
food and activity choices.	/ L L			0	
oday's Thoughts:	d and activity	choices.	C	± ,	•
oday's Thoughts:					
oday's houghts:	1	1			
5 . 3	day's ho	ughts:			



Breakfast	TODAY'S BLOO Lunch	D SUGAR LEVELS Dinner	Eve/Other
Today's Physical	Activity:		
		for	minutes
Today's Eating H	abits:		
Great	Good	Fair Not Goo	od
Today's Feelings	:		
	(1.)		
Happy Sad	Stressed Peacef	ul Angry Worrie	d Other
Today's Message):		
_		is good for you a will help everyo	
,	nd reach health	1 /	,
Today's T	nougnts:		



TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other					
Today's Physic	al Activity:				
		for	minutes		
Today's Eating	Habits:				
☐ Great	☐ Good ☐ F	air Not Goo	od		
Today's Feeling	js:				
A A		2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 -			
Happy Sad	Stressed Peaceful	Angry Worried	d Other		
Today's Messag			•		
	goal for your dia		,		
clear and within reach. Plan when you want to reach your goal and the steps you need to take.					
Today's T	-boughta				
1 oday 5 1	noughts:				





TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other						
Today's Physic	al Activity:					
		for	minutes			
Today's Eating	Habits:					
☐ Great	☐ Good ☐	Fair Not G	Good			
Today's Feeling	js:					
		feel happy! Do a	oried Other Other At least one thing			
Today's T	houghts:					



(Day 15)

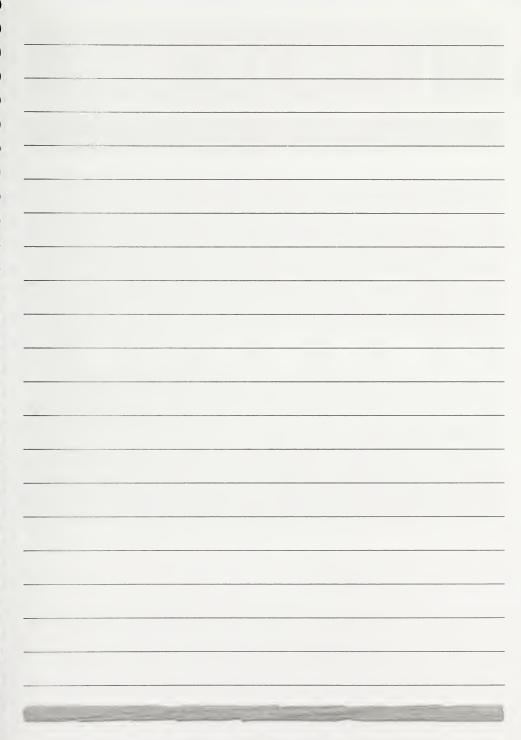
Breakfast	TODAY Lunch	''S BLOOD S	UGAR LEVE		Eve/Other
DICANIASI	Lunch		Dillilei		Eve/Other
Today's Physic	cal Activity:			for	minutes
Today's Eating	Habits:				
☐ Great	Good	☐ Fai	r 🗆	Not Good	
Today's Feelin	gs:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messa	ge:				
at a relaxed	pace. If you	u cannot ickly. If	talk w	hile you	th day. Walk are walking, ile you walk,
oday's 7	Thought	5:			



Breakfast	TODAY'S BLOOK	O SUGAR LEVELS Dinner	Eve/Other
Today's Physic	al Activity:	for	minutes
Today's Eating	Habits:		
☐ Great	_	air Not Goo	od
Today's Feeling	ıs:		
,	Stressed Peaceful Pea	a blister, cuts, sc	ratches, red or
Today's T	houghts:		



Breakfast	Lunch	D SUGAR LEVELS Dinner	Eve/Other		
Today's Physic	al Activity:	for	minutes		
Today's Eating	_	Fair Not Goo			
Today's Feeling	s:				
Happy Sad	Stressed Peaceful	Angry Worried	Other		
Today's Message: Some eyesight changes occur when your blood sugar is high for long periods of time. See your health care provider right away if you have blurred eyesight or any vision loss.					
Today's T	houghts:				



Breakfast	TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other					
Today's Physic	al Activity:					
				for	minutes	
Today's Eating	Habits:					
☐ Great	Good	☐ Fa	uir 🗌	Not Goo	d	
Today's Feeling	gs:					
Happy Sad	Stressed	Peaceful	Angry	Worried	Other	
_	king diabe It them in a	ı place w	here you	u will ea	the same time asily see them.	
Today's T	hought	5:				



TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other							
Today's Physic	Today's Physical Activity:						
		for	minutes				
Today's Eating	Habits:						
☐ Great	☐ Good ☐ F	air 🗌 Not Goo	od .				
Today's Feeling	js:						
Happy Sad	Stressed Peaceful	Angry Worried) Other				
Today's Message: You can take steps to prevent heart disease. You can lose weight, control your blood sugar, lower your cholesterol, lower your blood pressure and stop smoking or using tobacco.							
Today's T	houghts:						



Day 20

Breakfast	TODAY'S BLOO Lunch	D SUGAR LEVELS Dinner	Eve/Other
Today's Physica	al Activity:	for	minutes
Today's Eating	Habits: ☐ Good ☐ I	Fair Not Go	od
Today's Feeling	s:		
Happy Sad	Stressed Peacefu	Angry Worried	Other
	ge: who have diabe sugar. It helps mo		
Today's T	houghts:		







Diabetes is in our family.

We eat a lot of fruits and vegetables.

Our son doesn't eat much candy. And he's always running around, always active.

I hope it will help him to prevent diabetes.

Shay Jaramillo, Isleta



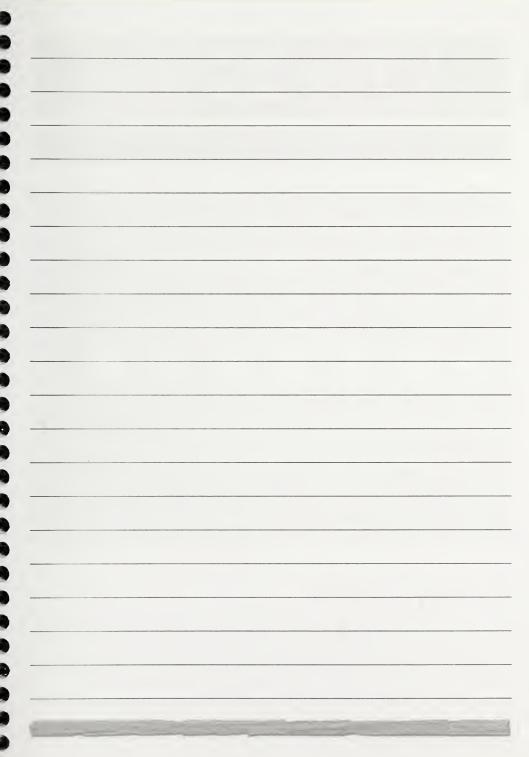


My goals for the next ten days:

Eating habits goal:		
Physical activity goal:		
,		
Spiritual/emotional goal:		
opinitaai/oniotiai goaii		

Day 21

Breakfast .	TODAY'S BLOOD Lùnch	SUGAR LEVELS Dinner	Eve/Other				
Today's Physical Activity:							
		for	minutes				
Today's Eating Hal	oits: Good	ir Not Good					
Today's Feelings:							
Happy Sad	Stressed Peaceful	Angry Worried	Other				
Today's Message: Is your blood sugar monitor getting old? Is it a hand-medown? Show it to your health care provider. They can get you a new, accurate blood sugar monitor.							
Today's The	oughts:						



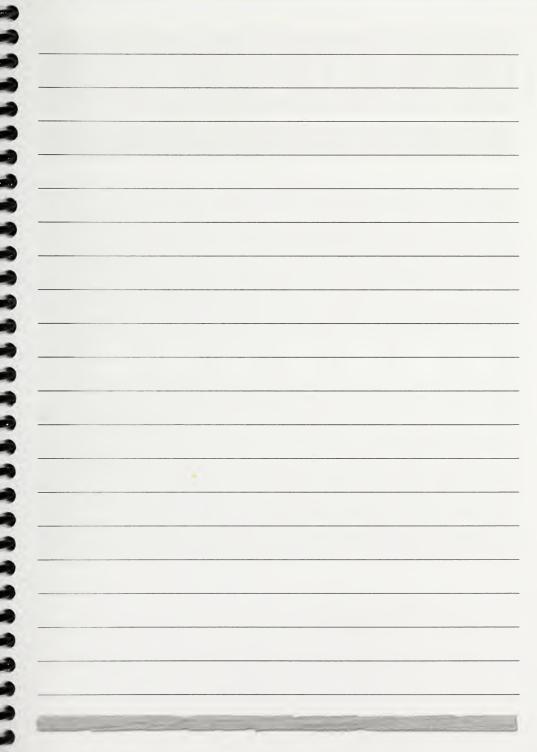
Breakfast	TODAY'S BLO	DD SUGAR LEVELS Dinner	Eve/Other
Di Gamagi		Dillion	246/ Other
Today's Physica	al Activity:		
		for	minutes
Today's Eating	Habits:		
☐ Great	☐ Good ☐	Fair Not Good	d
Today's Feeling	Is:		
Happy Sad	Stressed Peace	ful Angry Worried	Other
Today's Messa	ge:		
drink more v		ht: eat smaller poi high-fiber foods s	

Today's Thoughts:



(Day 23)

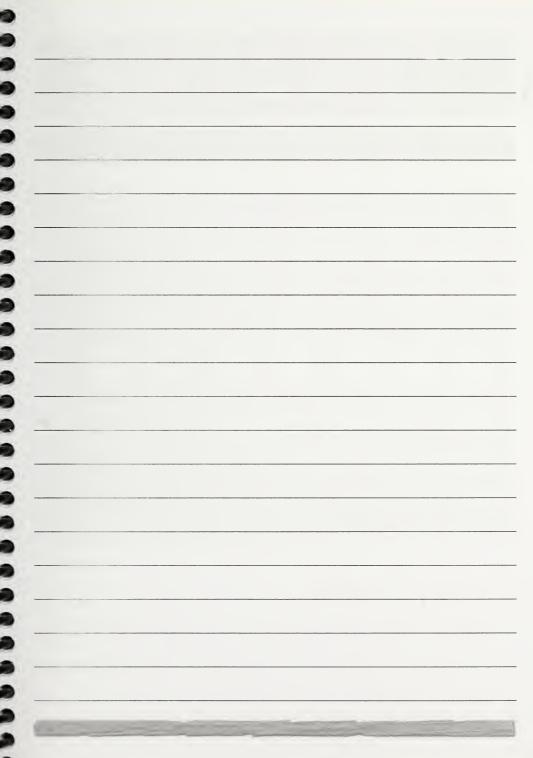
Breakfast	TODAY'S BLOOD	SUGAR LEVELS Dinner	Eve/Other
Today's Physica	al Activity:		
		for	minutes
Today's Eating			
	☐ Good ☐ Fa	air 🗌 Not Goo	a
Today's Feeling	js:		
Happy Sad	Stressed Peacefu	Angry Worried	Other
Today's Messa	ge:		
	change habits if change? What abit?	, ,	
T 1 , T	-1 1,		
Today's T	houghts:		



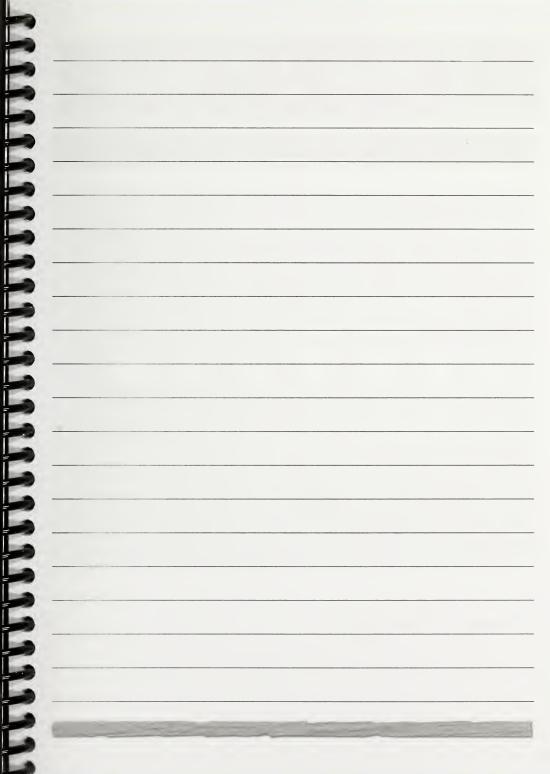
TODAY'S BLOOD SUGAR LEVELS						
Breakfast	Lunch	Dinner	Eve/Other			
Today's Phys	ical Activity:	for	minutos			
		101	minutes			
Today's Eatin	g Habits:					
Great	☐ Good ☐ F	air Not Goo	d			
Today's Feeli	ngs:					
Happy Sa	d Stressed Peaceful	Angry Worried	Other			
Today's Mess	sage:					
Many people feel upset when they find out they have diabetes. Common feelings are shock and denial. It's okay to feel unsure about having diabetes. Talk to people about diabetes. Talking helps.						
T 1 , -	TI					
I oday's	Thoughts:					



TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other						
			•			
Today's Physica	al Activity:					
			fo	r	minutes	
Today's Eating Great		☐ Fair		Not Good		
Today's Feeling	js:					
Happy Sad	Stressed Pe	aceful	Angry	Worried	Other	
Today's Messa	ge:					
Increase your each week. V more. Walki	Vork your w	ay up		_		
Today's T	houghts:					



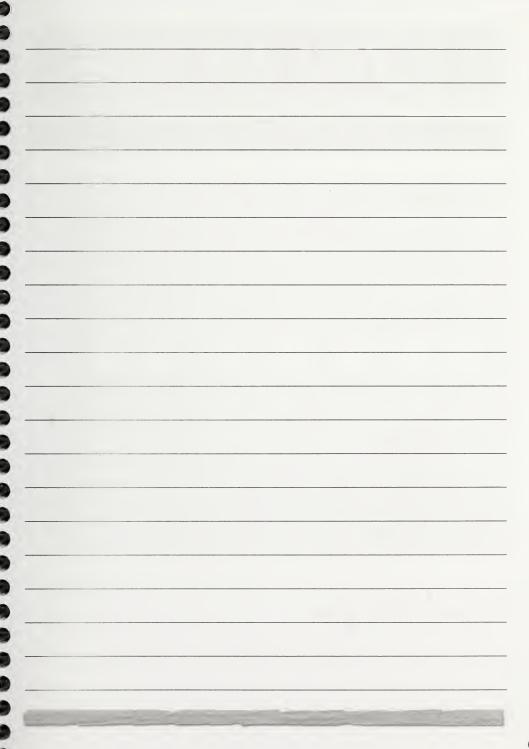
TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other								
Today's Physic	Today's Physical Activity:							
		for	minutes					
Today's Eating	Habits:							
☐ Great	☐ Good ☐	Fair Not Goo	d					
Today's Feeling	js:							
Happy Sad	Stressed Peace	ful Angry Worrie	d Other					
Today's Messa	ge:							
_	7. Become more	pills work better. active. Eat less fa						
Today's T	houghts:							
J	O							



TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other								
Today's Physical	Today's Physical Activity:							
			for	minutes				
Today's Eating H] Fair	☐ Not Good					
Today's Feelings	:							
Happy Sad	Stressed Pea	ceful Ang	worried	Other				
Today's Message	e:							
Here are some them daily in w the toes; put l the toes.	warm water;	dry them	; be sure to	dry between				
Today's Tl	noughts:							



Breakfast	TODAY Lunch	'S BLOOD S	UGAR LEVI Dinnei		Eve/Other
Today's Physic	al Activity:		fo		minutes
Today's Eating Great	Habits:	☐ Fair	_	Not Good	minutes
Today's Feelin	gs:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messa	ıge:				
Here are signal painful gum loose teeth, shave any of the	s, gums th shifted teet	at have h. Call y	pulled a	away fro	m the teeth
_ 1 , ~	-1 1.				
oday's T	nought	5:			



TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other							
Today's Physical Activity:							
		fc	or	minutes			
Today's Eating Habits: Great Good Fair Not Good							
Today's Feeling	js:						
Happy Sad	Stressed Pea	ceful Angry	Worried	Other			
Today's Messa	ge:						
Know your cholesterol level. A good cholesterol level is 200 or less. Between 200 and 240, the risk for a heart attack or stroke goes up. Above 240, the risk is very high for a heart attack or stroke.							

Today's Thoughts:



TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other							
Breakfast	Lunch	Lunch Dinner					
Today's Physical Activity: for minutes							
Today's Eating Habits: Great Good Fair Not Good							
Today's Feel	ings:						
Happy Sa	d Stressed	Peaceful	Angry	Worried	Other		
Today's Mes	sage:						
People who take insulin can make changes in their life-styles to help the insulin work better. Losing weight, becoming more active, eating less fat food and eating less sugar food and drinks helps insulin work better.							
Today's	Thought	5:					
, 5549	1 55						





When I first started working out, they put me on a bike, and I cried!

But they stayed on me!

Now I exercise four times a week.

Exercise is the best!

Cornelia Bowannie, Zuni





My goals for the next ten days:

Physical activity goal:		
Spiritual/emotional goal:		

() ay 31

Breakfast	TODAY'S BL Lunch	OOD SUGAR LEV. Dinn		Eve/Other
Today's Physica	al Activity:			
		1	for	minutes
Today's Eating	Habits:			
☐ Great	Good	Fair 🗌	Not Good	
Today's Feeling	ıs:			
Happy Sad	Stressed Pea	ceful Angry	Worried	Other
Today's Messa	ge:			
tells you how	lobin Alc test v your blood onths. A good	sugar level	s have be	een over the
Today's T	houghts:			



(Day 32)

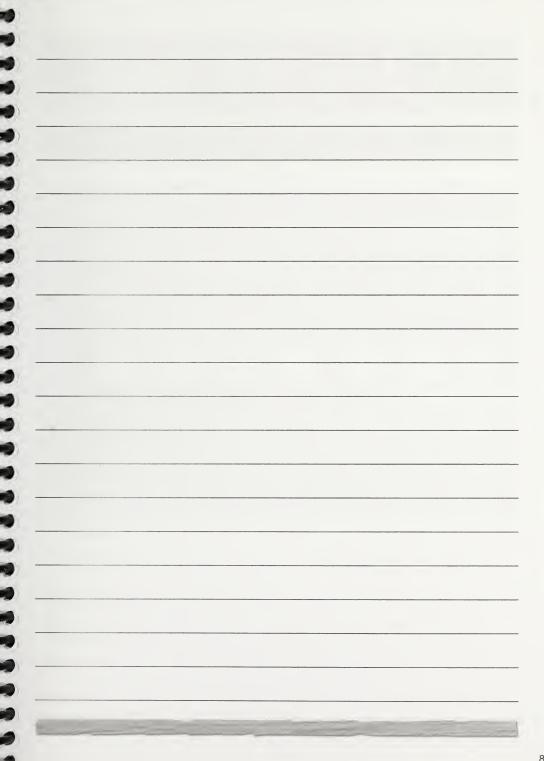
Breakfast	TODAY'S BLOOD	SUGAR LEVELS Dinner	Eve/Other
Today's Physica	al Activity:	for	minutes
Today's Eating Great	Habits: ☐ Good ☐ Fa	air 🔲 Not Good	
Today's Feeling	js:		
Happy Sad	Stressed Peacefu	Angry Worried	Other
Today's Messa	ge:		
		t: eat smaller por stop when you a	
Today's T	houghts:		



Breakfast	TODAY'S BLOO Lunch	D SUGAR LEVELS Dinner	Eve/Other
Today's Physica	al Activity:	for	minutes
Today's Eating Great	Habits: ☐ Good ☐ F	_	minutes
Today's Feeling	js:		
Happy Sad	Stressed Peacefu	Angry Worried	Other
Today's Messa	ge:		
	nabit, you must fi 1 would like to c	rst be aware of the hange?	habit. What
Today's T	houghts:		



Breakfast	TOĐAY Lunch	r's blood s	SUGAR LEVE Dinner		Eve/Other
Today's Physical	Activity:				
			TC	or	minutes
Today's Eating F	Good	☐ Fair	. 🗆	Not Good	
		L I all	L '	Not Good	
Today's Feelings	s: 				
	$\left(\begin{array}{c} \\ \\ \\ \end{array}\right)$			(= 0 =)	
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messag	e:				
Make walking scenic routes. least three time	Walk or	n your lu		-	
oday's T	nought	:5:			



Breakfast	TODAY'S BLOOI	D SUGAR LEVELS Dinner	Eve/Other
Diodilast	Lunon	Britici	LVG/Other
Today's Physica	al Activity:	for	minutes
Today's Eating	Habits: ☐ Good ☐ F.	air 🔲 Not Goo	d
Today's Feeling			
Happy Sad	Stressed Peacefu	Angry Worrie	d Other
Today's Messa	ge:		
- *	s and blindness n control. Get a		ed. Keep your
Today's T	houghts:		



Breakfast	TODAY Lunch	"S BLOOD S	UGAR LEVE Dinner	LS	Eve/Other
Dicariast	Lunch		DIIIIIGI		Lve/Other
Today's Physic	al Activity:	·	fo	r	minutes
Today's Eating Great	Habits:	☐ Fair	_	Not Good	
Today's Feeling	gs:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messa	ge:				
What are yo feel shock, de about your fe	nial, fear, a		0		
oday's T	hought	5:			



Breakfast	TODAY Lunch	"S BLOOD S	SUGAR LEVI Dinner		Eve/Other
Today's Physical	Activity:				
			fc	or	minutes
Today's Eating H	labits:				
☐ Great	Good	☐ Fair		Not Good	
Today's Feelings	s :				
	(/, \)		2	(=0 =)	
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Парру Зац			Aligiy	Vollica	
Today's Messag	e:				
Controlling yo	our blood	sugar w	vill help	prevent	gum disease.
You can conti	•		,	0,	
medicines at			,	\sim	more fruits
and vegetable	s and bei	ng activ	e every	aay.	
Today's T	hought	· C +			
, oday s	nough				



Day 38

Breakfast	TODAY'S E Lunch	BLOOD SUGA	R LEVELS Dinner	Eve/Other
Today's Physica	al Activity:		for	minutes
Today's Eating Great	Good	☐ Fair	☐ Not Good	
Today's Feeling Happy Sad		eaceful An	gry Worried	Other
Are you wall Wear good s socks. Check	king? Great! hoes that fit	and supp	ort your feet	. Wear clean
Today's T	houghts:			



Day 39

Today's Physical Activity: Today's Eating Habits: Great Good Fair Today's Feelings: Happy Sad Stressed Peaceful And Good Today's Message: Here are signs of a kidney infection urinate; pain or burning when urin bladder; ache in the lower back; near the signs of the same signs o	□ Not Good	minutes Other
Great Good Fair Today's Feelings: Happy Sad Stressed Peaceful And Great Grea	□ Not Good	
Happy Sad Stressed Peaceful And Today's Message: Here are signs of a kidney infection urinate; pain or burning when urin bladder; ache in the lower back; n	ry Worried	Other
Today's Message: Here are signs of a kidney infection urinate; pain or burning when urin bladder; ache in the lower back; n	ry Worried	Other
Here are signs of a kidney infection urinate; pain or burning when urin bladder; ache in the lower back; n		
urine. See your health care provider kidney infection.	ating; disco nilky, cloud	mfort in the y or reddisł
oday's Thoughts:		
oday o priougnio.		



Breakfast	TODAY Lunch	r's blood	SUGAR LEVE Dinner		Eve/Other
Today's Physica	al Activity:				
			fc	or	minutes
Today's Eating Great	Habits:	☐ Fa	iir 🔲 I	Not Good	ı
Today's Feeling	ıs:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messag	ge:				
take more pil	ls than w more thar	hat is p	rescribed	l. If you	scribed. Don't r blood sugar lays, call your







My cholesterol is under 200.
My triglycerides are under 200.
My hemoglobin A1c is 7.2. This morning's blood sugar reading was 107. It's important to keep track of all this.

Eldean Cutschall, Oglala Sioux





My goals for the next ten days:

Eating habits goa	1.		
Physical activity o	goal:		
,			
		-	
Spiritual/emotiona	al goal:		

Breakfast	Lunch	Eve/Other					
Today's Physical Activity:							
		for	minutes				
Today's Eating	Habits:						
☐ Great	☐ Good ☐ F	air Not Goo	d				
Today's Feelings:							
Happy Sad	Stressed Peacef	ul Angry Worried	d Other				
Today's Message:							
Know the signs of low blood sugar: feeling nervous, shaky, sweaty or very tired. If you have any of these signs, test your blood sugar right away. If your blood sugar is below 60 or 70, eat 10-15 grams of carbohydrate right away. Eat 2-3 sugar packets or drink a half cup of fruit juice or soda pop, or eat 3-5 pieces of hard candy.							

TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other							
Today's Physical Activity:							
		for	minutes				
Today's Eating Habits: Great Good Fair Not Good							
Today's Feeling	js:						
Happy Sad	Stressed Peacefu	Angry Worried	Other				
Today's Message:							
If you want to change a habit, it helps to learn as much as you can about how you will benefit from changing the habit. Read books and magazines about healthy eating and exercise. Talk to healthy friends and health care providers.							



TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other						
DIEANIASI	Lunch	Dinn	er	Eve/Other		
Today's Physical Activity:						
Today's Eating Habits: Great Good Fair Not Good						
Today's Feeling	ıs:					
Happy Sad	Stressed F	Peaceful Angry	Worried	Other		
Today's Message:						
Eating correct portions of food is one of the best ways to lose weight and control blood sugar. A portion is about one-half cup. Use a measuring cup to find out what a portion looks like.						



Foday's Physic	al Activity:		fo	r	minutes
Today's Eating	Habits:	☐ Fair		lot Good	
Today's Feelin	gs:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messa	ige:				
Try these ea from the sto TV commer	re or your				
	{				
	hought	٠,٠.			



Breakfast	TODAY'S BLOC Lunch	Eve/Other				
Today's Physical Activity:						
		for	minutes			
Today's Eating Great	_	Fair Not Good	d			
Today's Feeling	js:					
Happy Sad	Stressed Peace	ful Angry Worried	Other			
Today's Message: Here are things you can do to protect your eyesight: control your blood sugar; get a yearly eye exam; if you have high blood pressure, take your blood pressure pills; tell your health care provider about any eyesight changes.						



Breakfast	TODAY'S BLOOD SUGAR LEVELS Lunch Dinner Eve/Other						
Today's Physica	Today's Physical Activity:						
			fc	r	minutes		
Today's Eating Habits: Great Good Fair Not Good							
Today's Feeling	js:						
Happy Sad	Stressed	Peaceful	Angry	Worried	Other		
Today's Message:							
If your cholesterol is above 200, you are at higher risk for heart disease and stroke. You can lower your cholesterol by doing two things: eating less fat foods and; being physically active every day.							



Breakfast	TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other						
Today's Physica	al Activity:						
			fo	or	minutes		
Today's Eating	Habits:	☐ Fa	ir 🔲	Not Good			
Today's Feeling	s:						
Happy Sad	Stressed	Peaceful	Angry	Worried	Other		
Today's Messag	je:						
Denial is one Some people I feel well mos past it, will h	think, "No st of the tir	o! It's r ne." Tal	ot true! l king abo	can't h ut denial	ave diabetes!		

Today's Thoughts:



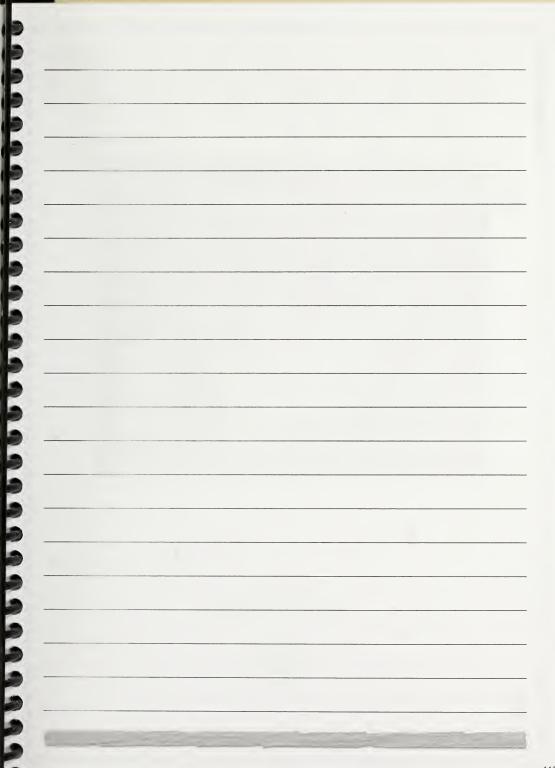
Dunalifa	ža.		r's blood	SUGAR LEVE	LS	- (0.1
Breakfa	st	Lunch		Dinner		Eve/Other
Today's F	Physical	Activity:				
				fo	r	minutes
Today's E	_	abits:	☐ Fai	r 🗆 l	Not Good	
Today's I	eelings	:				
Нарру	Sad	Stressed	Peaceful	Angry	Worried	Other
Today's I	Message	:				
problen	ns, ther	e are thir	ngs you	can do to	protect	them. Eating work better.
Today	's Th	nought	:5:			
3.460		nia .				

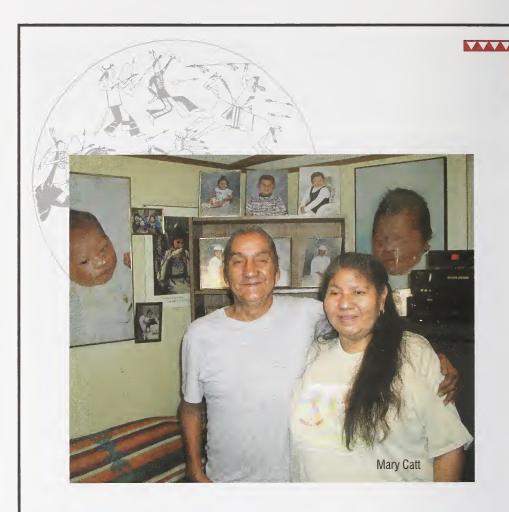


Breakfast	TODAY'S E Lunch	BLOOD SUGAR LE Dinr		Eve/Other
Today's Physic	al Activity:		for	minutos
			101	minutes
Today's Eating		_		
☐ Great	Good	Fair	Not Good	
Today's Feeling	js:			
Happy Sad	Stressed Pe	eaceful Angry	Worried	Other
Today's Messa	ge:			
If you or you health care probefore getting	rovider right a	ıway. Having	g blood sug	gar in control
Today's T	houghts:			



		OOD SUGAR LEV		- (-)
Breakfast	Lunch	Dinne	r	Eve/Other
Today's Physica	I Activity:			
		fo	or	minutes
Today's Eating	Habits:			
☐ Great	Good	Fair	Not Good	
Today's Feeling	s:			
Happy Sad	Stressed Pea	ceful Angry	Worried	Other
		can do: spa	ce meals	$\overline{\mathcal{C}}$
Today's T	houghts:			







Mary Catt, Eastern Band of Cherokee





My goals for the next ten days:

Physical activity goal: Spiritual/emotional goal:
Spiritual/emotional goal:
Spiritual/emotional goal:
Spiritual/emotional goal:

Breakfast	TODAY'S BLOO Lunch	D SUGAR LEVELS Dinner	Eve/Other
Today's Physica	al Activity:		
		for	minutes
Today's Eating	Habits:		
Great	☐ Good ☐ F	air Not Goo	od
Today's Feeling	js:		
Happy Sad	Stressed Peacef	ul Angry Worrie	d Other
Today's Messa	ge:		
being thirsty tired; having If you have a	r; urinating often blurred vision; any of these sign	od sugar: having n. Other signs ir losing weight w ns, test your bloo rovider if your blo	nclude: feeling vithout trying. od sugar right

Today's Thoughts:

Lucs Teet and Tee

and Heart Disc

Breakfast	TODAY'S BLOOD	SUGAR LEVELS Dinner	Eve/Other
Today's Physica	Activity:		
		for	minutes
Today's Eating		_	
☐ Great	☐ Good ☐ Fa	air Not Good	
Today's Feeling	s:		
	(2.5)	(= 0 =)	
Happy Sad	Stressed Peacefu	I Angry Worried	Other
Today's Messag	je:		
	0	start changing	
,	0 0	ood foods or bei about the future. 1	0 1 ,
	now and take a		viake a choice
_			
Today's T	houghts:		

Tues Teet and Tee

and Heart Dis

Breakfast	TODAY'S BLOO Lunch	D SUGAR LEVELS Dinner	Eve/Other
Today's Physical	Activity:	for	minutes
Today's Eating Ha	abits:	air 🗌 Not Goo	d
Today's Feelings:			
Happy Sad	Stressed Peaceful	Angry Worrie	d Other
Today's Message			
	0	ar. Test your blo s. Show them to y	,
Today's Th	oughts:		

Fines East of

b Freve

Breakfast	TODAY'S BLOO Lunch	D SUGAR LEVELS Dinner	Eve/Other
Dieakiast	Luncii	Diffici	LVG/OUIG
Today's Physica	al Activity:	for	minutes
Today's Eating Great	_	Fair Not Good	
Today's Feeling	js:		
Happy Sad	Stressed Peacef	ul Angry Worried	Other
Today's Messa	ge:		
		cold or flu, keep 't stop taking the	O ,
Today's T	houghts:		
O	C		

| aking (are o

Prevent

art Disease

Breakfast	TODAY'S BLOC Lunch	DD SUGAR LEVELS Dinner	Eve/Other
Today's Physica	al Activity:		
-		for	minutes
Today's Eating	Habits:		
Great	Good	Fair Not Goo	d
Today's Feeling	js:		
Happy Sad	Stressed Peace	ful Angry Worrie	Other
Today's Messa	ge:		
weight. Try t	0	d is one of the beat eat less "fast food"; andy and chips.	
Today's T	houghts:		

l aking (are of Your ues, Teet and Teeth

reventing Kidr

Breakfast	TODAY Lunch	"S BLOOD	SUGAR LEVE Dinner	LS	Eve/Other
Dicariast :	Lunon		Dimici		EVO/Othor
Today's Physica	I Activity:				
			fo	r	minutes
Today's Eating I	Habits:	☐ Fai	r 🗆 l	Not Good	
Today's Feeling	s:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messag	je:				
Being active e your blood su your children	ıgar. Be cr	eative a	nd have f	un! Ride	e a bike with

your children. Go dancing! Clean the house! Do yard work!

Today's Thoughts:

I aking

g Care of Your

| reventing Kidi

Breakfast	TODA\ Lunch	('S BLOOD S	SUGAR LEVE Dinner	ĹS	Eve/Other
Today's Physical	Activity:				
			fo	r	minutes
Today's Eating H	abits:				
Great	Good	☐ Fair		Not Good	
Today's Feelings	:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Message	e:				
Always cut you calluses or corn have calluses or	ur toenai ns. If you	need he	lp trimm	ing toer	nails, or if you

l aking (are

et and Teeth

eventing Kidr



Today's Date:

Breakfast	TODAY'S Lunch	BLOOD S	UGAR LEVE Dinner		Eve/Other .
Today's Physical	Activity:		fo	r	minutes
Today's Eating H	abits:	☐ Fair		Not Good	
Today's Feelings	:				
Happy Sad	Stressed F	Peaceful	Angry	Worried	Other
Today's Message):				
Extra weight a pounds will he					
oday's Th	noughts	:			
					•

Tues Feet

Care of Your

reventing Kid

Breakfast	TODAY Lunch	'S BLOOD S	SUGAR LEVE Dinner		Eve/Other
Today's Physica	al Activity:		fo	or	minutes
Today's Eating Great	Habits: ☐ Good	☐ Fair		Not Good	
Today's Feeling	s:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Message:					
Many people have diabetes, feel good and are happy. They say, "I have diabetes. It is a part of me. I can still do the things that are special to me. I can still love, laugh, sing and play!"					
Today's Thoughts:					

Breakfast	TODAY'S BLOO Lunch	D SUGAR LEVELS Dinner	Eve/Other		
Today's Physic	al Activity:	for	minutes		
Today's Eating Great		Fair Not Good	I		
Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other Today's Message: If you forget to take your diabetes pills, call your health care provider right away.					
Today's Thoughts:					

Treventing Kidney





Walking is addictive.
I walk rain or shine or snow.
I've lost 90 pounds.

Ted Burkhart, Tlingit





My goals for the next ten days:

Eating habits goal:	
Physical activity goal:	
Spiritual/emotional goal:	

ood and Activiti

Tues, Teet and Tee

and Heart Disea

Breakfast	TODAY'S BLOO Lunch	D SUGAR LEVELS Dinner	Eve/Other				
Today's Physica	Today's Physical Activity:						
		for	minutes				
Today's Eating	Habits:						
Great	☐ Good ☐ F	air Not Good	d				
Today's Feeling	js:						
Happy Sad	Stressed Peacef	Angry Worried	Other				
Today's Messa	ge:						
Keep up-to-date on your vaccinations. Vaccines can prevent illnesses that can be very serious for people with diabetes. Get a yearly flu shot between October and mid-November.							
Today's T	houghts.						
1 oday 5 1	noughts:						

Tues, Feet and Teeth

Breakfast_	TODAY'SLunch	BLOOD S	UGAR LEVE Dinner		Eve/Other		
Today's Physica	Today's Physical Activity:						
			fo	or	minutes		
Today's Eating	Habits:						
☐ Great	Good	☐ Fair	1	Not Good			
Today's Feeling	s:						
	(1.1)		2	(= 0 =)			
Happy Sad	Stressed F	Peaceful	Angry	Worried	Other		
Today's Messag	je:						
You can be pi	-		_				
monitor with you at home, at work and when traveling.							
Always have some carbohydrates with you: sugar packets, fruit juice, soda pop or hard candy.							
J ,	1 1						
Today's Thoughts:							

iles, Feet and Teeth

TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other					
Diodilidos	Lanon			210/04/101	
Today's Physic	al Activity:		_ for	minutes	
Today's Eating Great	Habits:	☐ Fair	☐ Not Good		
Today's Feeling	gs:				
Happy Sad	Stressed Pe	eaceful Ang	ry Worried	Other	
Today's Messa	ge:				
,	rself for good Tell some fr bath.		- /		
Today's T	-boughte.				
1 Oday 5 1	noughts:				

The Taking

ues Feet and Teeth

Preventing Kidney and Meart Disease

Breakfast	TODAY'S Lunch	S BLOOD S	UGAR LEVE Dinner	LS	Eve/Other			
Today's Physic	Today's Physical Activity:							
			fo	r	minutes			
Today's Eating	Habits:							
☐ Great	Good	☐ Fair		Not Good				
Today's Feeling	gs:							
Happy Sad) (X). Stressed	Peaceful	Angry	Worried	Other			
Today's Message:								
Write down what you eat and how much you eat every day. Show the food record to your health care provider. Knowing what and how much you eat will help you make changes to lose weight.								
Today's T	houghts	5:						

l aking (are of Your Lues, Feet and Teeth

and Heart Dis

TODAY'S BLOOD SUGAR LEVELS							
Breakfast	Lunch		Dinner		Eve/Other		
Today's Physica	al Activity:						
			fo	r	minutes		
Today's Eating	Today's Eating Habits:						
Great	☐ Great ☐ Good ☐ Fair ☐ Not Good						
Today's Feelings:							
			200	× 0 0 =			
Happy Sad	Stressed	Peaceful	Angry	Worried	Other ————		
Today's Message:							
Be physically active every day! Make it fun! Chose an activity or sport you enjoy! Do it with a family member or friend. Start slowly and increase gradually. Stick with it!							
Today's T	Today's Thoughts:						

Fues, Fe

Care of Your

Breakfast	TODA\ Lunch	r's blood s	SUGAR LEVE Dinner	LS	Eve/Other
Today's Physic	al Activity:				
Today's Eating Great	Habits:	☐ Fair	_	r Not Good	minutes
Today's Feeling Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Message: Know your numbers. Your total cholesterol should be below 200. Your LDL "lousy" cholesterol should be below 100. Your HDL "healthy" cholesterol should be above 45 in men and 55 in women. Your triglycerides should be below 150.					

III WOIIICII			 	
Today's	Though	nts:		

1 aking (

of Your

Today's Physical Activity: for minutes Today's Eating Habits: Great Good Fair Not Good Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other Today's Message:	Today's Eating Ha			fo	r	minutes
Today's Eating Habits: Great Good Fair Not Good Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other	Today's Eating Ha			fo	r	minutes
Today's Eating Habits: Great Good Fair Not Good Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other		abits:		10	r	minutes
Great Good Fair Not Good Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other		ibits:				
Today's Feelings: Happy Sad Stressed Peaceful Angry Worried Other	☐ Great ☐					
Happy Sad Stressed Peaceful Angry Worried Other		Good	☐ Fair	<u> </u>	Not Good	
	Today's Feelings:					
Today's Message:	Happy Sad	Stressed	Peaceful	Angry	Worried	Other
roday 5 Message.	Today's Message	:				
If you are sick, remember to drink at least one 8-ounce glas of sugar-free drink every hour to prevent dehydration.	•					_

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Freven

TODAY'S BLOOD SUGAR LEVELS Breakfast Lunch Dinner Eve/Other								
Digariast	Lundi		Dillilei		Lve/other			
Today's Physica	Today's Physical Activity: for minutes							
Today's Eating Habits: Great Good Fair Not Good								
Today's Feelings:								
Happy Sad Stressed Peaceful Angry Worried Other								
Today's Messa	Today's Message:							
When you go in for your yearly eye exam, the doctor will give you a dilated eye exam. The doctor will look at the blood vessels in your eyes. Make sure you get a dilated eye exam once a year.								
Today's T	hought	5:						

laking (are of

Breakfast	Lunch	2 BLUUD	Dinner		Eve/Other
Today's Physic	al Activity:				
			fc	or	minutes
Today's Eating	Habits:				
☐ Great	Good	☐ Fa	ir 🗌	Not Good	
Today's Feeling	gs:				
			200	- 0 = 0 = 0 = 0 = 0 = 0 = 0 = 0 = 0 = 0	
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Messa	ge:				
Keep your n calendar and		L			
T 1 , T	-1 1.				
Today's T	hought	: 5:			

eetand

Breakfast	Lunch	Dinner	Eve/Other
Today's Physic	al Activity:		
		for	minutes
Today's Eating	Habits:		
☐ Great	☐ Good ☐ I	air Not Goo	od
Today's Feeling	js:		
(Â Â)	\(\lambda_{\text{\chi}}\)	2 (200)	
Happy Sad	Stressed Peacet	ful Angry Worrie	d Other
			——————————————————————————————————————
Today's Messa	ge:		
		can help you be	
	,	pate in a traditio	•
Dance at a po	owwow. Join in	a sweat lodge cei	remony.
Today's T	houghts:		

laking (are of Your yes, Teet and Teeth





My son said to me, 'You shouldn't be eating like that. I don't want to lose you.' Those words changed my life. Now I have a goal to not have any diabetes complications.

Marlene Lambert, Coeur D'Alene





My goals for the next ten days:

Eating habits goal:	
Physical activity goal:	
·	
Spiritual/emotional goal:	

Food and Activity

es Feet and

reventing Kidi

Breakfast -	Lunch	OD SUGAR LEVI Dinner		Eve/Other		
Today's Physica	al Activity:					
	-	fc	or	minutes		
Today's Eating	Habits:					
Great	☐ Good ☐	Fair 🔲	Not Good			
Today's Feeling	js:					
Happy Sad	Stressed Peace	eful Angry	Worried	Other		
Today's Messa	ge:					
Tell your family members and friends that you have diabetes. If you have low blood sugar at times, let them know what the signs are. Ask them to give you some carbohydrates if you show signs of low blood sugar.						
Today's T	houghts:					

Taking Care of Your

Eyes, Feet and Teeth

of Your Pr

Breakfast	TODAY'S BLO	OOD SUGAR LEV Dinne		Eve/Other
Today's Physical A	ctivity:			
		fo	or	minutes
Today's Eating Ha	oits:			
☐ Great ☐	Good	Fair	Not Good	
Today's Feelings:				
Happy Sad	Stressed Peac	eful Angry	Worried	Other
Today's Message:				
Don't worry if y or not being act positive! Get ba	ive for a fev	v days, won	't hurt yo	ou. Be
Today's The	oughts:			
<u> </u>				
				

aking (are of ues, eet and

Breakfast	Lunch	BLOOD SI	UGAR LEVE Dinner	LS	Eve/Other
Today's Physica	l Activity:				
			for	·	minutes
Today's Eating I	labits:				
☐ Great	Good	☐ Fair		lot Good	
Today's Feeling	s:				
Happy Sad	Stressed F	Peaceful	Angry	Worried	Other
Today's Messag	e:				
Carbohydrates affect the blood sugar the most. Starch,					
fruit, milk and				0	
carbohydrate.	\circ		,	drate fo	ood at one
time can caus	e high bloc	d sugai	r.		

Today's Thoughts:	

167

Breakfast	TODAY'S I Lunch	BLOOD SUGAR LEVE Dinner	LS	Eve/Other
DIGANIASI	Luncii	Dilliel		Eve/Other
Today's Physical	Activity:	fo	r	minutes
Today's Eating H	abits:			
☐ Great ☐	Good	☐ Fair ☐ N	lot Good	
Today's Feelings	:			
Happy Sad	Stressed Pe	eaceful Angry	Worried	Other
Today's Message):			
You can stick with your daily physical activity! Join a group or class. Choose activities you enjoy in good and bad weather. Write down your physical activity each day. Reward yourself when you reach a physical activity goal.				

l oday's	houghts:		

tívíty // E akir

ing Care of Your

Breakfast	TODAY'S BLOO Lunch	D SUGAR LEVELS Dinner	Eve/Other	
Today's Physical	Activity:			
		for	minutes	
Today's Eating H	labits:			
☐ Great	Good F	air Not Goo	d	
Today's Feelings	S:			
Happy Sad	Stressed Peaceful	Angry Worried	Other	
Today's Messag	e:			
If a friend or family member shows signs of high blood sugar, they might have diabetes. Signs are: feeling very tired; increased thirst; increased urination; feeling hungry; losing weight; having blurred vision. If your friend or family member shows any of these signs, have them see a health care provider right away.				
Today's T	houghts:			

Breakfast	TODAY'S BI Lunch	LOOD SUGAR LEVELS Dinner	Eve/Other		
Diodniadi	Eulon	Dillioi	EVO) Other		
Today's Phy	sical Activity:				
		for	minutes		
Today's Eati	ing Habits:				
☐ Great	Good	Fair Not G	lood		
Today's Fee	lings:				
Happy S	ad Stressed Pea	aceful Angry Wo	rried Other		
Today's Mes	ssage:				
Eat less fat food and lower your cholesterol: cut fat away from meat edges before cooking; remove skin from chicken and turkey before cooking; don't fry your food - broil, barbecue, bake or boil instead.					
Today's	Thoughts:				

Breakfast	TODAY Lunch	'S BLOOD S	UGAR LEVE	LS	Eve/Other
Dicanast	Lulicii		Dimier		LVG/Other
Today's Physica	al Activity:		fo	r	minutes
Today's Eating Great	Habits: ☐ Good	☐ Fair		Not Good	
Today's Feeling	js:				
Happy Sad	Stressed	Peaceful	Angry	Worried	Other
Today's Message: Take care of your feet! Always wear shoes. Your shoes should be made of leather or canvas, have a round toe box, a low heel and soft insoles. They should fit well and not be too tight.					
Today's Thoughts:					

Fues, F

aking (are of Your yes, Feet and Teeth

Preventing Kidney and Meart Disease

Breakfast		D SUGAR LEVELS	Fire/Other	
Breakiast	Lunch	Dinner	Eve/Other	
Today's Physica	I Activity:	for	minutes	
Today's Eating I	Habits:			
☐ Great [Good F	air Not Good	1	
Today's Feeling	s:		1	
Happy Sad	Stressed Peacef	ul Angry Worried	Other	
Today's Messag			1 1 11	
,	,	Flossing removes our gums and teet	L P	
Today's Thoughts:				

aking Care of Your yes, Feet and Teeth

Preventing Kidney and Meart Disease

ay's Date:

Breakfast	TODAY'S BLO(Lunch	DD SUGAR LEVELS Dinner	Eve/Other
		-	
Today's Physica	al Activity:	for	minutes
Today's Eating Great		Fair Not Good	d
Today's Feeling	js:		
Happy Sad	Stressed Peace	ful Angry Worried	Other
can help you slowly and f	ake your blood 1 handle stress	sugar levels go u . Try deep breat leep until your l several times.	hing. Breathe
Today's T	houghts:		

		DD SUGAR LEVE	LS	
Breakfast	Lunch	Dinner		Eve/Other
Today's Physical Ac	tivity:	for	r	minutes
Today's Eating Hab	its:			
	_	Fair □ N	lot Good	
Today's Feelings:				
Happy Sad S	tressed Peace	ful Angry	Worried	Other
Today's Message:				
Take your diabe	*		,	,
Today's Tho	ughts:			
			-	





I do something every day that makes me happy. I go for a walk. I tell my wife and grandson that I love them. I am very happy with life just the way it is.

Ernest Bebeau, Leech Lake Ojibwe





My goals for the next ten days:

Eating habits goal:			
Physical activity goal:			
	20.00		
Spiritual/emotional goal:			

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Freventing Kid and Heart Disc

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ues Feet and Teeth

Preventing Kidney and Heart Disease

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Today's T	houghts:		

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Today's T	houghts:				
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Taking (are

are of Your tand Teeth

Preventing Kidney and Meart Disease

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Today's Feelings:	
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Today's Message:	
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Today's Thoughts:	

l aking Care of Your yes, Feet and Teeth

Preventing Kidney

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Taking Care of Your Jes, Feet and Teeth

Preventing Kidney and Heart Disease

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Happy Sad Stressed Peaceful Angry Worried Other Today's Message: Everyone can exercise! There are exercises you can do while sitting in a chair. Any type of movement will help. Ask your health care provider what you can do.			
Today's Message: Everyone can exercise! There are exercises you can do while sitting in a chair. Any type of movement will help. Ask your health care provider what you can do.	Today's Feelings:		
Everyone can exercise! There are exercises you can do while sitting in a chair. Any type of movement will help. Ask your health care provider what you can do.	Happy Sad Stressed	Peaceful Angry Worried	Other
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aking Care of Your Teet and | eeth

Preventing Kidney

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Today's Feelings:						
Happy Sad	Stressed	Peaceful	Angry	Worried	Other	
Today's Messa	ge:					
Stressed? Try thinking of something that makes you happy. Close your eyes. Breathe deeply. Imagine you are in peaceful place with someone you love. Smile. Relax.						
Today's T	hought	25:				

Breakfast	TODAY'S Lunch	S BLOOD SUGAR LEVELS Dinner	Eve/Other				
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Today's Physical Activity: for minutes							
Today's Eating Great	Habits:	☐ Fair ☐ No	t Good				
Today's Feelings:							
Happy Sad	Stressed	Peaceful Angry	Worried Other				
Today's Message:							
Count your blessings. You are a child of the Creator. You are precious and unique. You are loved by many.							
Today's Thoughts:							





About Diabetes

- What is diabetes? page 207
- What is pre-diabetes? page 211





What is diabetes?

■ What is diabetes?

Diabetes means having too much sugar in the blood. Having high blood sugar for long periods of time can cause problems with a person's eyes, kidneys, feet, heart, and gums. Controlling your blood sugar will help you avoid these problems. You can control your blood sugar.

What causes diabetes?

Diabetes is mainly caused by changes in eating and exercise. Years ago, American Indians did not have diabetes. People gathered and hunted food for simple meals. People walked a lot. But eating habits and daily work have changed. Now we buy food at stores. We eat more fast food and sugar drinks. We drive cars rather than walk. People are heavier. These changes cause many American Indians to have high blood sugar.

■ What is high blood sugar?

Blood sugar comes from all the food you eat, not just sweet food. Your body changes the food you eat into blood sugar. Body cells and muscles use blood sugar for energy. Some people cannot get the blood sugar into cells and muscles. The sugar stays in the blood. They get high blood sugar. People with

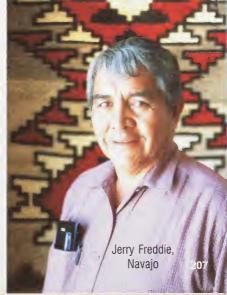
■ What is insulin?

Insulin is a hormone made by the pancreas. The pancreas is a gland near your stomach. After you eat, your pancreas releases insulin. Insulin helps the blood sugar get into your body's cells and muscles.

high blood sugar have diabetes.

Years ago, our elders told us to be active and eat good food. We need to remember the words of the elders.







■ What are the types of diabetes?

There are two major types of diabetes: type 1 diabetes and type 2 diabetes. Most American Indians who have diabetes have type 2 diabetes.

- What happens when you have type 2 diabetes? With type 2 diabetes, your pancreas makes insulin, but may not make enough. Also your body's cells and muscles may not allow insulin to do its work. Blood sugar cannot get into the body cells and muscles. The sugar stays in the blood.
- What happens when you have type I diabetes?
 With type I diabetes, the pancreas does not make insulin.
 People with type I diabetes need insulin shots to stay alive. Very few American Indians have type I diabetes.
- How can you tell if you have high blood sugar? Some people with high blood sugar feel tired, have increased thirst, feel hungry, or lose weight. They may have blurred vision, have sores that don't heal, urinate more often, have sore gums, or have vaginal itching. But other people with high blood sugar feel no body changes. Some people can have high blood sugar for a long time and do not feel any body changes.
- Can you be tested for high blood sugar?
 Yes! You can get a blood test to check for high blood sugar. The test is done while you are fasting. Fasting means having no food or drink for eight hours or more.
 A normal fasting blood sugar reading is between 70 and

110. Talk with your clinic staff about this blood test. They can tell you how often you should get the blood test and what the results mean.

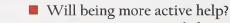
I don't say that I am diabetic.
But I do say that I have high blood sugar, and I can combat it.

208

Willard D. Phillips, Sr., Omaha

- Who gets high blood sugar?
 You are more likely to get high blood sugar if you are heavy, inactive, or over the age of 30. Also you are more likely to have high blood sugar if you have family members with high blood sugar or had high blood sugar when you were pregnant.
- Does high blood sugar run in families? Yes! High blood sugar runs in families. Brothers, sisters, and children of people with diabetes tend to get high blood sugar.
- How long does diabetes last? Diabetes stays with you daily. It does not go away. Diabetes means high blood sugar. You can control your blood sugar.
- Why control blood sugar? Having high blood sugar over many years can cause problems with your eyes, kidneys, feet, gums, and heart. The best way to avoid these problems is to control your blood sugar.
- You can you control your blood sugar?
 You can control your blood sugar by making changes in your food choices and staying active. Many people who make simple food changes and become more active also lose some weight. If you are heavy, losing weight can help you control your blood sugar. Most people with diabetes will also need medicine to help control blood sugar.
- Will changing eating habits help? Yes! Making small changes in your eating habits will help. Some changes you can make are to eat less fat food, and drink and eat less sugar food.





Yes! Being more active helps your body cells and muscles use blood sugar for energy. Walking is a good way to be more active. Walk five days or more a week. Start with just a few minutes and work up to 30 minutes each time. Walking can help control your blood sugar.

How can you learn more?

The clinic staff can help. Talk with the health clinic staff about diabetes. There are many things you can learn to have better health for you and your family.

66 Ever since I found out I have diabetes, I've been taking better care of myself. ľm healthier and feel much better.



"



What is pre-diabetes?

■ What is pre-diabetes?

Pre-diabetes is when a person's blood sugar is higher than normal but not high enough to have diabetes. "Borderline diabetes," IGT (impaired glucose tolerance) and IFG (impaired fasting glucose) are other words that describe the same condition.

■ What does pre-diabetes mean?

Pre-diabetes means your blood sugar is higher than normal but not high enough to have diabetes right now. Still you are at great risk for getting diabetes later on. The good news is: You can make changes to prevent or delay diabetes.

- What are the signs of pre-diabetes? Here are the signs that you may have pre-diabetes:
 - you are overweight
 - one or both of your parents have type 2 diabetes
 - you had a baby who weighed more than nine pounds at birth

The American Diabetes Association (ADA) also includes two other factors:

- high blood pressure
- · high blood fats
- How can you know for sure if you have pre-diabetes?

 Talk with your health care provider. There are simple blood tests to check for pre-diabetes. All American Indian/Alaska Native adults, at risk for diabetes, should have a blood sugar test at least once a year. Most health care providers will ask you to get a fasting blood sugar test to check for pre-diabetes or diabetes. Others may ask you to get a glucose tolerance test.

How can you prevent or delay getting diabetes? If you have pre-diabetes, you can make changes to prevent or delay diabetes. Some people with pre-diabetes are able to reverse this condition. If you have pre-diabetes, you can do things that may help bring your blood sugar back to the normal range. Start today. Talk with your health care provider who will make suggestions like:

- Make some life-style changes. Start with small changes. Small changes in eating and physical activity can lead to bigger changes that you can stick with.
- Lose weight. Losing 10-15 pounds (or around seven percent of your weight) can help control blood sugar.
- What can help you lose weight?
 - Change your eating habits. Eat more vegetables and fruits. Cut back on your portion sizes. Eat less high-fat, high-sugar foods.
 - Be more active. Walking is one of the best ways to be more active. Start slowly and work up to 30 minutes or more a day, five or more days a week.
- Why would you want to know if you have pre-diabetes? There are two reasons you might want to know if you have pre-diabetes:
 - If you have pre-diabetes, your blood sugar is higher than normal. You do not have diabetes. However, medical studies show that your high blood sugar may already be harming your body. People with pre-diabetes are at higher risk for getting type 2 diabetes and heart disease.
 - If you find out you have pre-diabetes, you can take steps NOW to prevent or delay diabetes. You may be able to bring your blood sugar back to the normal range.



If you have pre-diabetes, and make no life-style changes, will you get diabetes?
 Probably. People with pre-diabetes are at very high risk for getting type 2 diabetes in 5-10 years.

If you have pre-diabetes, how often should you see your health care provider?

It is best to see your health care provider at least once a year. Your health care provider can check your blood sugar with a simple blood test. People who have pre-diabetes, who lose weight (10-15 pounds) and become more active, can make their blood sugar return to normal. Get your blood sugar checked at least once a year.

Could I have pre-diabetes and not know it? Yes. People with pre-diabetes almost never have symptoms. In fact, millions of people have prediabetes or type 2 diabetes and do not know it! Ask your health care provider about pre-diabetes and getting a fasting blood sugar test. 66 One day, I realized it isn't 'when' we get diabetes, but 'if' we get diabetes. I have a choice. I chose to be in the 'if' category.

What is pre-diabetes?





Food and Activity

- Healthy Eating, page 217
- Walking and Physical Activity, page 220
 - Losing Weight, page 224



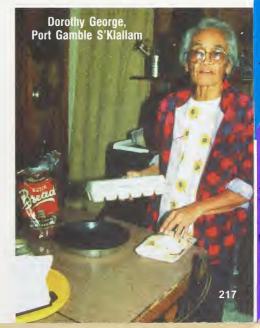


Healthy Eating

- Why eat healthy foods? Eating healthy foods will help you:
 - · lower your blood sugar
 - lose weight
 - lower your change for heart disease
 - feel better
- Will eating healthy help your family? Yes! The habits you learn to eat healthy can be passed on to your entire family. Eating healthy foods may help family members prevent or delay diabetes.
- What are ways to eat healthy? Here are some ways you and your family can eat healthy:
 - eat smaller portions of food
 - drink more water
 - eat more high-fiber foods such as fruits, vegetables, and whole grains
 - eat smaller portions of food high in sugar and fat
 - eat when you are hungry and stop when you are full
 - · drink less alcohol
- What other eating habits will help you control your blood sugar? Here are some eating tips:
 - eat at least three times a day
 - eat each meal and snack at about the same time each day
 - eat about the same amount of food at each meal
 - · do not skip meals
 - eat breakfast

I eat little dabs of this and that.
Moderation is key.

99





- Will eating smaller portions of food help you? Yes! Eating smaller portions of food will help you control blood sugar. Some ways to eat smaller portions are:
 - eat one serving
 - use measuring cups to measure portions
 - use a small plate
 - eat more slowly
 - put your fork down between bites

■ What is a portion?

A simple way you can know the size of a portion is to use your hand as a guide:

- meat portions should be the size of your palm and the thickness of your little finger
- vegetable portions should be as much as you can hold in your cupped hands
- portions of starchy vegetables like beans, cereal, and rice should be the size of your fist
- fruit portions should be the size of your fist

■ What are the foods you can choose?

Choose foods that are low in fat and sugar. Choose these foods to eat:

- vegetables
- fruit
- soft margarine
- chicken, turkey, fish, or wild game meats
- oat cereals and whole grains
- low-fat or skim milk and low-fat milk products

■ What are the foods you should limit?

Limit foods that are high in fat and sugar. Limit these foods:

- fatty cuts of meat
- eggs
- non-dairy coffee creamer
- fried foods



- ice cream, cream, butter, whole milk, and cheese
- candy, chips, cakes, ice cream, and cookies
- sugar pop, juice, and sweetened powdered drinks

■ What are the ways to eat less high-fat food? There are many ways to eat less fat food:

- Read food labels. Many foods contain hidden oils or fats.
- Look for food labels that say "low-fat" or "no cholesterol."
- "Low-fat" or "no cholesterol" doesn't mean low calorie. Eat small amounts.
- Use plain, non-fat yogurt instead of mayonnaise in fruit salads, dips, and dressing.

What are ways to cook with less fat? Here are some ways to cook food with less fat:

- Cut fat from meat edges before cooking.
- Cut off fat and skin from chicken or turkey before cooking.
- Broil, barbecue, bake, or boil your foods. Frying adds more fat.
- Do not add fats after cooking food. Use gravy, sour cream, cheese sauce, margarine, or butter less often.
- When you cook with fat, liquid cooking oil is better than shortening. Use small amounts.

How can you learn more about healthy eating?
Ask a health care provider. Attend a diabetic support group or cooking class. Eating more healthy foods will help you and your family.



I try to eat right. I skip the double burgers and fries. I eat grilled chicken salads.

99

Walking and Physical Activity

You can take care of yourself by walking You can control your blood sugar. One way is to walk. You can plan a good walking program. It's easy to start walking! All you need is 10 minutes and a good pair of walking shoes.

Why walk?
Walking can help you in many ways:

• It uses up blood sugar. Walking uses up some of your blood sugar for energy. The more you walk, the more you can lower your blood sugar.

• It uses up fat. Walking can help you lose fat. Your body uses fat for energy during long walks.

• It helps keep your muscles and bones strong. Walking keeps your muscles and bones strong.

• You feel better. Best of all, walking makes you feel better! Just 10 minutes of brisk walking can lift your spirits 1-2 hours. You feel calmer during the day. You have more strength. You can handle daily stresses better.

■ How much walking?

Walking for 30 minutes each day is best. You can break the 30 minutes into three 10-minute sessions.

Start out walking three or more times a week. Work up to 30 minutes of walking each day. Try walking.

- 10 minutes at a time
- three times a day
- five or more days a week

When I found out I had diabetes, I decided to start walking. I try to walk every day.



Walking during work is not enough. Most people walk more than 30 minutes during a day. They walk three minutes here, four minutes there. But to get help from walking, you need to walk steadily for 10 minutes at a time on most days of the week.

■ Start walking by going easy

Start with slow, short walks. Make your first walks short, 10-minute walks, with a relaxed pace. If you cannot talk while you walk, you are walking too quickly. If you can sing while you walk, you are walking too slowly!

■ Increase slowly and stretch

Increase your walking time slowly. Increase your walking time in stages, by five minutes each week. Work your way up to a total of 30 minutes or more.

Stretch before you walk. Do arm and leg stretches before and after long walks. Stretching helps prevent aches and muscle cramps. Start by stretching easy.

■ Protect your feet!

Look at your feet after every walk. Look for red areas, blisters, or sores. Be sure to look at the bottoms of your feet.

Prevent damage to your feet. Try to avoid all foot problems. Treat even small problems right away.

Wear good shoes

Wear good shoes that fit, cushion, and support your feet. Shoes made of leather or canvas are best.

Break in new shoes slowly. Wear them for 1-2 hours at a time. Check your feet for redness or sores after wearing.



Wear a clean pair of socks to help cushion and protect your feet. If you have any foot problems, see your health care provider.

Make walking a habit

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With a little time, walking can become a habit. Here are some things to try:

- Walk with family or friends. Enjoy talking.
- Take scenic routes.
- Park a little farther from the store or your job.
- Walk on your lunch hour or break.
- Use the stairs.
- Walk the same time each day.
- Have a weekly schedule. Walk at least three times each week.

■ Have fun!

Walking can be lots of fun:

- Have fun! Have a walking partner, or two, or lots.
- Walk with your kids or grandchildren.
- Tell your friends about your walking. They may join you.
- Talk with friends while you walk!

Try other physical activity

Other physical activity is good for you too, such as:

- aerobics
- riding a bike
- · hiking the hills
- dancing
- walking in shallow water
- canoeing
- swimming
- walking to the store or work

Be active on most days of the week

All you need is 10 minutes to get going! Being active

for 10 minutes at a time, three times a day, adds up to good health! Choose things you like to do. And remember...start with easy stretches.

- See how far you can walk Set a goal for three times a week. Mark it down. You may do better than you expect!
- How can you learn more? Check with your health care provider about your walking program. They can help you plan a safe walking program and show you muscle stretches.

Have fun. And feel good about yourself! It will keep you walking.



I try to be physically active every day.

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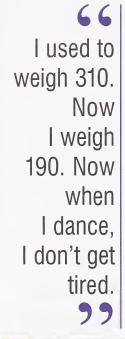
Losing Weight

■ If you have diabetes, can losing weight help you? Yes. Losing weight will help you control your blood sugar.

If you don't have diabetes, will losing weight help you?
 Yes. Studies show that losing just 10-15 pounds can reduce your risk for diabetes.

- How can losing weight help you? Losing weight can help you:
 - · lower your blood sugar
 - reduce your risk for diabetes
 - lower your blood pressure
 - have more energy to be more active
 - feel more comfortable
- How do you know if you should lose weight? Ask your health care provider to check your weight. Ask themto measure your waist. Ask them if you are normal weight, overweight, or obese.

What if you are normal weight? If you are normal weight, that is great! Try not to gain weight.





■ What if you are overweight? If you are overweight, try not to gain more weight.



- What if you are overweight and at risk for heart disease?
 - Try to lose weight. Losing weight will lower your risk for heart disease.
- What if you are obese? Lose weight. Losing weight will help you feel better and live a longer, healthier life.
- How much weight should you lose? Ask your health care provider. Set a healthy weight goal.
- How quickly should you lose weight? Lose weight slowly. Losing 1/2-1 pound per week is good for your body. Your body will not feel like it is "starving." It is much easier to keep losing weight if you do it slowly.
- What is a good way to lose weight? You can lose weight by doing these three things:
 - eat less fat and sugar foods
 - eat smaller portions of food
 - be physically active for at least 30 minutes each day
- What are other tips for losing weight? Losing weight is much more than changing eating and physical activity habits. Try these things:
 - Join a support group. Talking about the challenges of losing weight will help you stick to new habits.
 - · Ask a friend to lose weight with you. Having someone to walk and talk with will help both of you lose weight.
 - Pray or take a walk in nature. Connecting to the Spirit every day will help you stick to your new habits.



- Why should you stick to weight-loss habits? Changing old habits and keeping new habits takes efforts. It is worth it!
 - Your family will learn good eating and physical activity habits.
 - You will be a role model to your children, grandchildren, and community members.
 - You will feel better, and be a more productive member of your family, and your community.
 - You will have more energy to give to yourself, your family, your work, and your community.

I lost 51 pounds.
I feel more alive!

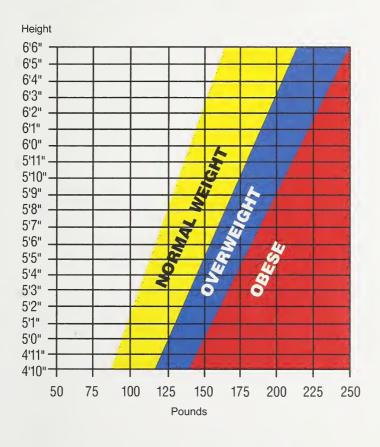




Weight Chart



Use this weight chart to find your weight range:



My weight: _____

My weight range: _____

My weight goal: _____





Taking Care of Your Eyes, Feet and Teeth

- Taking Care of Your Eyes, page 231
- Taking Care of Your Feet, page 236
- Taking Care of Your Teeth, page 240





Taking Care of Your Eyes

- Why take care of your eyes? High blood sugar can cause changes in eyesight. You can prevent some eye changes.
- What eye changes can happen? Some people notice these changes in eyesight:
 - · blurred eyesight
 - floating spots
 - clouding
 - dark spots
 - color less clear
 - hard to see when driving at night

You may notice some of these changes. See your health care provider right away if you notice changes.

- How do eyesight changes occur? Some eyesight changes occur when your blood sugar is high for long periods of time. See your health care provider right away if you have any vision loss.
- What should you do if you notice changes? If you notice changes in your eyesight, you should call or see your health care provider right away. Tell them about the changes. You can prevent further damage.
- Can high blood sugar cause blindness? Yes! Having high blood sugar for long periods of time can cause blindness. Keeping your blood sugar in control helps protect your eyesight.

66 If you have eyesight changes, see your health care provider right away.



Taking Care of Your Eyes

- Can you prevent blindness? Yes! You can prevent blindness. Here are some things you can do:
 - control your blood sugar
 - tell your health care provider about any eyesight changes
 - get a yearly eye exam
 - if you have high blood pressure, take your blood pressure pills
- Will you need a yearly eye exam?

 Yes, you will need a yearly eye exam. Yearly eye exams should be done even if you have no eyesight changes.

 Your health care provider can help you schedule an eye exam.
- What do eye exams check?
 The doctor checks for changes in the back of your eyes.
 High blood sugar can cause changes you may not notice.
 If not treated, these changes may cause retinopathy
 (Ret-i-NA-pa-thee).
- What is retinopathy?
 Retinopathy (Ret-i-NA-pa-thee) is a serious eye disease. It is caused by having high blood sugar for long periods of time. Retinopathy can lead to blindness. People with diabetes are at high risk for eye damage. People who have high blood pressure are also at high risk for eye

have high blood podamage.

Marie Toya, Jemez

You can prevent or delay damage to your eyes. You can prevent blindness.

Are there other causes for eye changes? Some eyesight changes are due to aging. Do you need to hold things at arm's length to read? Eyeglasses can correct this.

Getting my eyes checked at least once a year is a part of good diabetes care.

- When can you get new eyeglasses?
 Fitting for eyeglasses cannot be done until your blood sugar is stable for six weeks.
- How does high blood sugar affect your eyes?

 There are many blood vessels in your eyes. High blood sugar over a long period of time can damage these blood vessels. This condition is called retinopathy. When the blood vessels are damaged, they may bleed into the eye. If not treated, the bleeding can cause blindness.
- How will you know if you have retinopathy?

 There usually are no signs of retinopathy. You may not have a vision change until there is severe damage.

 Getting eye exams and laser treatment can help prevent or delay eye damage. Treatment is best if it is started early, before there are any vision changes.
- How often should you have your eyes checked? A person with diabetes should have a dilated eye exam at least one time each year. You can prevent blindness by having a yearly eye exam.
- How does your doctor check your eyes?
 Your doctor will put eye drops into your eyes. The eye drops help open your pupils. The doctor can then look at all the blood vessels in your eyes. This is called a dilated eye exam.
- What can you do to take care of your eyes? You can take care of your eyes. Here are four ways:
 - Get a dilated eye exam at least one time each year.
 - · Control your blood sugar:
 - Check your blood sugar at home.
 - Make healthy food choices.
 - Be active. Walking is a good way to become more active.



Taking Care of Your Eyes



- Control your blood pressure:
 - Get your blood pressure checked often.
 - Take your blood pressure pills as prescribed.
 - Cut down on salt and salty foods.
- Stop smoking.

■ Is there treatment for retinopathy?

Yes. Laser treatment may help to stop the bleeding in your eye. Laser treatment may not improve your vision if damage to your eyes is severe. Get your dilated eye exam every year. Treatment works best if it is started early, before you have vision changes.

■ How does laser treatment work?

Laser treatment uses a beam of light. The light passes through the eye to stop the blood vessels from bleeding. Laser treatment is usually done in the doctor's office. You will be able to go home after the treatment is finished.

Are you at risk for other eye problems?

Yes. If your blood sugar is high, you are at risk for other eye problems. You are at risk for:

- Blurry vision. High blood sugar can cause your vision to be blurry.
- Cataracts (CAT-er-acts). A cataract is when the lens of the eye gets cloudy.
- Glaucoma (gla-KO-ma). Glaucoma is an increase in the pressure of the eye. This can cause blindness.

Good blood sugar control can prevent or delay eye problems. See an eye doctor right away if you have any vision changes or vision loss.



- What can you do to take care of your eyes? These are the things you can do to take care of your eyes:
 - get a dilated eye exam at least one time each year
 - control your blood sugar
 - control your blood pressure
 - stop smoking
 - see an eye doctor right away if you have any vision changes or vision loss
- Your health care provider can help Talk to your health care provider about high blood sugar and eye damage. They can help you learn to control your blood sugar.

It feels
good to
know I'm
taking
good care
of my
eyes.

99





Taking Care of Your Feet

- Why take care of your feet? High blood sugar can cause damage to your feet. You can prevent damage to your feet.
- How do foot problems happen?

 Some people with high blood sugar lose feeling in their feet. They also have poor blood supply to their legs and feet.

Legs and feet can be damaged. Some people lose a toe or foot.

- Can you prevent foot problems? Yes! Here are some things you can do:
 - Look at your feet daily. Be sure to look between your toes.
 - Ask a friend or family member to look at your feet if you have poor eyesight or cannot bend over.
 - Use a hand mirror to help you look at your feet and between your toes.

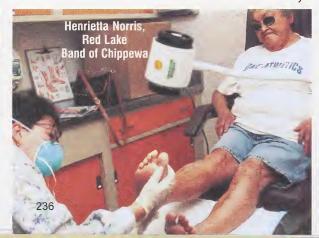
Daily care can prevent loss of a toe, foot or leg.

■ What should you look for?

You can prevent damage to your feet by looking for:

- blisters
- cuts
- scratches
- · red or black spots
- ingrown toenails
- dryness

I definitely take good care of my feet.
I don't want anything to happen to my feet.



Look at your feet and between your toes. If you see any damage to your feet, show your health care provider.

■ What is a good way to wash feet?

Wash your feet daily in warm water. Use mild soap and rinse well. Check the water temperature with your arm or elbow before washing. Water should feel lukewarm, not hot.

Dry your feet by patting dry. Be sure to dry between your toes.

Put lotion on your feet to keep skin soft. Lotion prevents cracking and drying. Do not put lotion between your toes.

Look at your feet and between your toes.

- What are more ways to prevent foot damage? Here are some more things you can do to protect your feet:
 - File or cut your toenails straight across.
 - You can damage your feet if you cut your own calluses or corns. See your health care provider for these problems.
 - Only use medicine from the clinic on your feet for corns, bunions, calluses, cuts or scratches.
 Medicine from the store may hurt your feet.
- How do socks protect your feet? Wear socks each day. Change your socks every day. Socks protect your feet many ways. They:
 - Help cushion and protect your feet.
 - Keep your feet warm. Do not use heating pads or hot water bottles.





- Keep your feet dry. Cotton socks are best.
 Wear socks without seams, holes or mends.
 Do not use elastic garters. Knee socks should not leave marks on your skin. All socks should fit loosely.
- How do shoes protect your feet? You can cut, burn or bruise your feet by walking barefoot.
- What are things to think about when wearing shoes?
 - Always wear your shoes indoors and outdoors.
 - Wear shoes that fit. Tie shoe laces loosely.
 - Wear shoes with rounded toes. Pointed boots or shoes can cause damage to your feet. Do not wear sandals or open-toe shoes.
 - Wear flat or low-heeled shoes. High heels can cause damage to your feet.
 - Check your shoes for small stones, nail points or torn linings.
 - Keep your shoes on during powwows and celebrations.
 - Wear shoes when walking on beaches or near pools.
- How do you choose new shoes? Make sure your shoes fit the shape of your foot. Choose rounded toes and flat or low-heeled shoes. Shoes made of canvas or leather are best.

Break in new shoes a little at a time. Wear them for 1-2 hours each day for at least a week.

Wear socks to help cushion and protect your feet.

Check your feet for redness, sores or blisters. Your shoes should not cause sores or blisters.

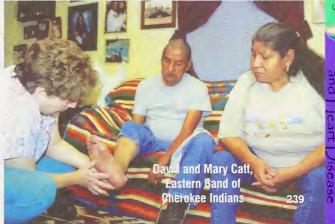


What should you do if you get a blister?
If you get a blister or sore, see your health care provider. Show your health care provider your foot.
Bring your shoes and socks with you.

- How do you care for cuts and scratches? Here are ways to care for cuts and scratches:
 - Wash each small cut or scratch with soap and water.
 - Do not put adhesive tape or bandaids on your skin.
 Tape and bandaids can damage the skin on your feet.
 - Use gauze bandages for small cuts or scratches.
 - Look at cuts and scratches daily. Call your health care provider if cuts or scratches do not get better in three days.
- Who can help with foot problems? Your health care provider can help. Check with your health care provider if you have any foot or health problems.

We check our feet every day.

Taking Care of Your Feet





Taking Care of Your Teeth

- Can gum disease happen to you? Yes. Gum disease can happen to people with diabetes. You can prevent gum disease by:
 - controlling your blood sugar
 - taking care of your teeth

Daily flossing and brushing will help me prevent gum disease.

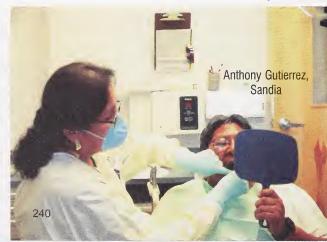
What is gum disease?
Gum disease starts with plaque (plak) build-up.
Plaque is a bacteria that everyone has in their
mouths. Plaque builds up on teeth. Plaque build-up
can destroy gums and bone. Plaque build-up is called
gum disease. It is also called periodontal
(PER-e-o-DON-tl) disease. You can lose your teeth if
plaque builds up.

Plaque builds up on teeth, between the teeth and under the gums. The gums pull away from the teeth, and pockets are formed around the teeth. The disease spreads into the bone that supports the teeth. When the bone support is gone, the tooth will loosen and fall out.

How will you know you have gum disease?

You will know you have gum disease if:

- your gums bleed when you brush your teeth or eat
- · you have bad breath
- your gums feel soft or hurt when you touch them
- your gums are pulled away from your teeth



- pus comes out from your gums when you press them with your fingers
- any of your teeth are loose
- any of your teeth have shifted position

See your dentist if you have any of these signs of gum disease!

- What can you do to prevent gum disease? You can prevent gum disease. Here are some things you can do:
 - · control your blood sugar
 - check your blood sugar at home
 - choose more fruits and vegetables
 - be active every day
 - prevent plaque build-up
 - brush your teeth two times a day, five minutes each time
 - talk with your dentist about ways to prevent plaque build-up
 - see your dentist at lease once a year and more often if needed
- How can you learn more?

 Talk with your dentist about ways you can prevent plaque build-up. Your dentist can help you prevent gum disease.





Preventing Kidney and Heart Disease

- Taking Care of Your Kidneys, page 245
- Taking Care of Your Heart, page 251
- Know Your
 Blood Fat Numbers, page 258





Taking Care of Your Kidneys

- Can you keep your kidneys healthy? Yes. There are ways you can keep your kidneys healthy. Preventing and treating bladder and kidney infections are things you can do.
- How do your kidneys work?
 Your kidneys remove waste products from your blood and puts them into the urine. The urine carries the waste products to the bladder. When you empty your bladder, you get rid of the urine and waste products. The kidneys and bladder make up the urinary (YOOR-i-ne-ree) system.
- What causes damage to your kidneys? Four things can cause damage to your kidneys:
 - · untreated kidney infections
 - high blood pressure for long periods of time
 - high blood sugar for long periods of time
 - · some medicines

You can prevent most kidney damage.

■ What causes kidney infections? Germs cause most infections. Infections usually start in the bladder. The infection can quickly move from the bladder to the kidneys, especially in people with high blood sugar. Treating all bladder infections right away can prevent kidney damage.

Go to the health clinic if you think you have an infection.



Taking Care of Your Kidneys



- Does high blood sugar affect bladder infections?
 Yes. People with high blood sugar tend to get more bladder infections.
- What are signs of bladder or kidney infections? These are signs of a bladder or kidney infection:
 - fever
 - frequent urge to urinate
 - pain or burning when urinating
 - discomfort in the bladder
 - ache in lower back
 - milky, cloudy or reddish urine

Most people will have only one or two signs of an infection. Some people will have no signs. A fever may be a sign of a kidney infection.

be a sign of a kidney infection.

What should you do if you think you have a kidney

infection?

If you think you have a kidney or bladder infection, go to the clinic right away. Clinic staff can test your urine for signs of an infection. Your health care provider can start treatment right away. You can prevent kidney damage by treating all infections right away.

■ What are treatments for kidney infections?

Treatment of bladder or kidney infections includes taking medicine, getting urine tests and drinking water. You can get rid of the infection.

Here is what you need to do:

 Get your urine tested. Your health care provider will test your urine before you start taking the medicine. This is to make sure the medicine will work.

Tell your health care provider if you have signs of an infection.



- Take your medicine. Take all your medicine, even if you feel better. The infection may come back if you stop taking your medicine too soon.
- Test your urine again. Your health care provider may test your urine after the medicine is done. This is to make sure the infection is gone.
- Drink water. Drink at least six glasses of water each day.

■ Can you prevent kidney infections?

Yes. You can prevent some infections. Taking these steps may help:

- Get your urine checked if you think you have any signs of a kidney infection.
- Take all your medicine for any infection.
- After taking medicine, see your health care provider for a urine test. The test is to make sure the infection is gone.
- Urinate when you first feel the urge. Do not hold the urine in your bladder.
- Keep genital area clean.
- Urinate after sex.
- Wipe from front to back after bowel movements.

■ What if your kidneys become damaged?

Damaged kidneys do not remove some waste products. The waste products build up in the blood. You cannot see or feel this damage. Damage occurs slowly, over many years. People with bad kidney damage may have to go on dialysis.

You can prevent most kidney damage.

■ How does kidney damage happen?

Damage to small blood vessels causes most kidney damage. When the blood vessels are damaged, your kidneys cannot filter the blood. When the filtering system is not working, your kidneys cannot remove the waste products from the blood.



Taking Care of Your Kidneys

- What can you do to prevent kidney damage? You can do these things to prevent kidney damage:
 - Treat any infection right away. A bladder infection can quickly move to the kidneys. A kidney infection can cause kidney damage. Treating all infections right away can prevent damage.
 - Control your blood pressure. If you have high blood pressure, take your blood pressure pills. Cut down on salt and salty foods. Check your blood pressure often. Ask your health care provider about your blood pressure numbers. A good blood pressure is below 130/80.
 - Control your blood sugar. People with high blood sugar tend to get more infections. You can control your blood sugar. Lose weight if you are heavy. Eat less fat food. Become more active.
- Yes. Blood and urine tests can tell the doctor how your kidneys are working. The blood tests show how well the kidneys are filtering or cleaning your blood. These tests will show the early signs of kidney damage that you may not notice or feel. Your health care provider can do these tests. If you have diabetes, it is best to ask for these tests once a year.
- What are the signs of kidney damage?
 Usually there are no signs of kidney damage. It may take many years to feel any signs of severe kidney damage. Some signs are:
 - swollen ankles and legs
 - · feeling very tired
 - · itchy skin
 - long-lasting nausea
 - vomiting

Remember, kidney damage develops slowly. You may not notice or feel any signs of kidney damage. If you

have diabetes, it is best to have your blood and urine tested once a year for kidney damage. Talk with your health care provider about the tests.

What happens if the kidneys become damaged? People with kidney damage may need to go on dialysis, or have a kidney transplant. Damaged kidneys cannot filter the blood. When the filtering system is not working, waste products build up in the blood. The build up of waste products can cause many health problems.

■ How does dialysis work?

Dialysis is a way to clean the blood when the kidneys stop working. When a person is on dialysis, a manmade filter is used to clean the blood. There are two types of dialysis:

- Hemodialysis (HE-mo-di-AL-i-sis).
 - A person on hemodialysis will have their blood cleaned by a machine 2-3 times a week.
- Peritoneal (PER-i-toe-NEAL).
 - This type of dialysis is done at home. You can do this during the day or night while you sleep.

People can live many years with the help of dialysis. Talk to your health care provider about dialysis.

■ What about kidney transplants?

Another way to remove waste is to transplant a new

kidney. Transplantation of a healthy kidney replaces a damaged one. Talk to your health care provider about kidney transplants. Get regular check-ups to avoid kidney damage.

99



Taking Care of Your Kidneys



- What are things you can to do to protect your kidneys and delay kidney damage? There are several things you can do to protect your kidneys:
 - Control your blood sugar.
 - Control your blood pressure. Take your blood pressure pills and your water pills as prescribed. Eat less salt and salty foods.
 - Check your blood pressure often. Your blood pressure should be less than 130/80.
 - Do not take over-the-counter medications without checking with your health care provider. Some medicines can cause damage to your kidneys.
 - Talk to your nutritionist. Some people with kidney problems need to change their diet to protect their kidneys. A low-protein diet may be recommended. Too much protein and salt in your diet will cause your kidneys to work harder.
 - Get your blood and urine tests once a year.
 - See your health care provider as scheduled. Tell them how you are feeling. Share your concerns. Ask questions.
 - Do not smoke or use tobacco.
- How can you prevent kidney damage? You can prevent most kidney infections that can cause kidney damage:
 - When you think you have a bladder or kidney infection, see your health care provider.
 - Tell your health care provider about any signs of bladder or kidney infection.
 - Take all your medicine for any infection.
 - Talk with your health care provider. They can tell you more about preventing kidney damage.



Taking Care of Your Heart

■ What is heart disease?

Heart disease is a group of heart problems that includes chest pain, heart attack and heart failure. Heart disease means that the heart is overworked or damaged. Your heart cannot work as well.

■ Who gets heart disease?

People with one or more risk factors are more likely to get heart disease than people who don't have any risk factors.

■ What are risk factors for heart disease?

Risk factors are the things that increase your chances for getting heart disease. The most important risk factors for heart disease are:

- · being overweight
- · having diabetes
- having blood sugar that is out of control
- having high cholesterol
- having high blood pressure
- smoking or using tobacco

You can change these risk factors.

Some risk factors cannot be changed. These are:

- being over age 40
- having family members with heart disease

I lost weight. I work out every day. It's good for my heart and my diabetes.





Taking Care of Your Heart



66

low

I keep my

cholesterol

below 200.

cholesterol

is good for

my heart.

Can you reduce your risk? Yes. You can reduce your chances for getting heart disease. There are things you can change. You can:

- lose weight
- control your blood sugar
- lower your cholesterol
- lower your blood pressure
- stop smoking or using tobacco

■ What if you are overweight?

Extra weight makes your heart work harder. Losing 10-20 pounds will help you lower your risk for heart disease. If you want to lose weight, a slow loss of 1/2-1 pound a week is best.

■ What are ways to lose weight?

You can lose weight. Here are some ways to lose weight:

- Make good food choices
 - eat less fat food
 - eat less sugar food and drinks
 - drink less alcohol
 - eat fewer snacks
 - drink more water
- Eat three meals a day
- space meals 4-5 hours apart
 - watch your portion sizes
 - avoid second helpings
- Become more active



Your health care provider can help you with a weight-loss plan.

- What are ways to become more active?

 Walking is a good way to be more active. Walk five days or more a week. Start by walking 10 minutes.

 Work up to 30 minutes each time. Other physical activity is good, too. Try:
 - · riding a bike
 - · hiking the hills
 - dancing
 - walking in shallow water
 - canoeing
 - swimming

Check with your health care provider about becoming more active.

- What if you have diabetes? Having diabetes increases your risk for heart disease. Having high blood sugar for long periods of time can cause heart disease. Controlling your blood sugar will help you reduce your risk for heart disease.
- What can you do to control blood sugar? These are the things you can do to control your blood sugar:
 - if you are overweight, lose weight
 - make healthy food choices
 - be more active
 - take your diabetes medicine at the same time each day
 - keep your scheduled appointments with your health care provider
 - know your blood sugar levels
- What about high cholesterol? Cholesterol is a type of fat in the blood. This fat can build up and clog the blood vessels. Clogged blood vessels can lead to heart disease. You can lower your blood cholesterol. Here are things you can do to



lower your cholesterol:

- eat less meat and fried food
- eat more fruits and vegetables
- be more active
- lose weight if you are overweight
- · stop smoking or tobacco use
- get your cholesterol checked at least once a year

Ask your health care provider about your cholesterol numbers. Your cholesterol should be below 200. Some people may need medicine to help lower their cholesterol.

- Where does cholesterol come from?

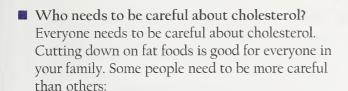
 Most cholesterol comes from animal foods high in fat.

 Eating too much high fat food can raise your cholesterol. Your body also makes cholesterol. Some people make more than others. These people can have high cholesterol even when they eat very little high-fat foods.
- Why is cholesterol bad for you?

 High levels of cholesterol can narrow the blood vessels.

 Narrow blood vessels can lead to heart disease or stroke.

- How does high cholesterol narrow the blood vessels?
 Think of blood vessels as pipes. Pipes carry water from the pump to your house. Sometimes minerals inside the pipe build up and block the pipe. Blood vessels are like water pipes. Blood vessels carry blood from the heart to all parts of the body. Cholesterol can build up in your blood vessels, like minerals that build up in pipes.
- Why are narrow blood vessels a problem? A narrow vessel can become blocked. If a blood vessel gets blocked, it can cause a heart attack or stroke.



- men of all ages
- tobacco users
- people with diabetes
- people with high blood pressure
- people who have heart disease
- people with a family member who has had a heart attack
- women after menopause
- How do you know if you have high cholesterol? You cannot feel high cholesterol. You cannot feel fat build up inside your blood vessels. It is a silent killer like high blood pressure.

Your health care provider has a test for cholesterol. A simple blood test can tell you and your health care provider about your cholesterol.

- What is a good cholesterol level?

 A good cholesterol level is 200 or less. Between 200 and 240, chances of early disease or death goes up. Above 240, the risk is very high for a heart attack or stroke.
- What can you do if you have high cholesterol? If you have high cholesterol, you can do two things to lower it:
 - Eat less fat foods. Choose foods that are low in fat. Avoid foods that are high in fat.
 - Be more active. Walking is a good way to be active.

You can lower the amount of fat in your blood.

I did it to help my heart.

Taking Care of Your Heart



- What other things can you do to help lower your cholesterol? There are other things you can do to help lower your cholesterol:
 - Lose weight if you are overweight.

 Plan a weight loss program with your health care provider. Losing weight can lower cholesterol.

 Losing 5-10 pounds will help.
 - Stop smoking. Smoking is never good for you. Smoking leads to early heart disease.
- What if you still have high cholesterol?

 Some drugs may help lower cholesterol. The drugs may have side effects. Your health care provider will suggest a drug if you need it. Taking drugs alone will not lower your cholesterol. You will still need to make changes in eating and become more active.

 Drugs work best when you eat healthy and are more active.

- How can you lower your cholesterol?

 Do these things to lower your cholesterol:
 - eat less fat foods
 - be more active
 - lose weight
 - stop smoking

Talk with your health care provider about cholesterol. They can help you lower your cholesterol.

■ What about high blood pressure?
High blood pressure can also cause heart disease.
You may not know if your blood pressure is high.
Check your blood pressure often. Your blood
pressure should be below 130/80. If you have high
blood pressure, these are the things you need to do:

• take your blood pressure pills

- check your blood pressure often
- · cut down on salt and salty food
- · lose weight
 - make healthy food choices
 - be more active
- keep you scheduled appointments with your health care provider
- stop smoking or tobacco use
- How can you find out if you are at risk for heart disease?

Your health care provider can order simple tests to check your blood sugar, cholesterol and other blood fats. People with diabetes need these tests. Find out your numbers. Keep a record. Ask your health care provider what numbers or goals are best for you.

To take care of my heart, I stopped smoking and started

Taking Care of Your Heart

99

walking.





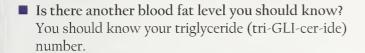
Know Your Blood Fat Numbers

- What are blood fat numbers?
 Blood fat numbers are numbers that measure the amount of fat in the blood.
- Why should you know your blood fat numbers? High amounts of fat in the blood can build up and clog blood vessels. Clogged blood vessels can cause heart attacks or strokes. You can lower the amount of fat in your blood. Knowing your numbers will help.
- What do blood fat numbers measure? Blood fat numbers measure three things: total cholesterol, and LDL and HDL cholesterol.
- What is cholesterol?
 Cholesterol is a type of fat in the blood. It comes from two sources. The body makes cholesterol. Cholesterol can also come from animal foods like meat, egg yolks and whole milk products.
- What is LDL cholesterol? LDL cholesterol is the type of cholesterol that sticks to the blood vessel walls. LDL is called "bad" cholesterol.
- What is a good LDL cholesterol level? A good LDL level is 100 or lower.
- What is HDL cholesterol?

 HDL cholesterol helps to take the bad cholesterol out of the blood vessels. HDL is called "good" cholesterol.



■ What is a good HDL cholesterol level? A good HDL level is 45 or higher.



- What are triglycerides? Triglycerides are the form of fat this is carried in your blood to your body cells. Most of your body fat is made up of triglycerides. High triglycerides in your blood are not good for you.
- What does a high triglyceride number mean?
 A high triglyceride number usually means your blood sugar and cholesterol levels are also high. This can increase your chance for heart problems.
- What is a good triglyceride number? A good triglyceride number is 200 or lower.
- How often should cholesterol and triglyceride levels be checked?
 Ask your health care provider to check your blood fat levels at least once a year. When you get this test done, it is best if you are fasting. Fasting means having nothing to eat or

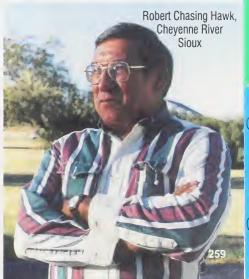
means having nothing to eat or drink but water for 9-12 hours before the test.

- What can you do to lower your blood fat levels?

 Some people may have a family history of high blood fats. You cannot change your family history. But you can make some changes to keep your blood fat levels low:
 - Eat more traditional foods.
 Whole grains, fruits, vegetables,

Eating low-fat foods gives me energy.

99



Know Your Blood Fat Numbers



herbs, berries, fish and wild game are rich in vitamins, minerals and fiber and low in fat. Eating more traditional foods can help fight diabetes and heart disease.

- Eat less of the modern-world processed foods like canned meats, potato chips, fast food burgers, fries, candy bars and snack cakes. These foods are high in fat and sugars.
- What are ways to eat more low-fat and low-sugar foods?
 - Eat more fruits and vegetables.
 - Choose skim milk or 1% milk.
 - Cut extra fat from your meat and throw the fat away.
 - Pull the skin off chicken before cooking and throw the skin away.
 - Use less fat to cook vegetables. Replace fat with herbs, spices and low-salt bouillon.
 - Limit egg yolks to 3-4 per week.
 - Bake, boil, broil or grill instead of frying.
 - Chill soups and stews and skim off the solid fat before re-heating.
- My cholesterol is under 200. My triglycerides are under 200. I feel great!



- What about alcohol?

 Drinking too much alcohol can increase your blood fats. If you have diabetes, drinking too much alcohol can make it harder to control your blood sugar. It is best not to drink alcohol.
- Will being more active help? Yes. Being active can help lower your blood fats. People who are active have higher levels of the "good" cholesterol. Walking, dancing and riding a bike are some good ways to be active.

- What is the best way to change eating and activity habits?
 Change habits slowly. Take small steps. Start by
 - Change habits slowly. Take small steps. Start by eating one healthy thing each day, then adding more. Start slowly with exercise, too. Walking just 10 minutes a day helps. Work up to 30 minutes a day. Remember, it took many years to develop your habits. It will take time to change your habits.
- What about tobacco use?

 If you smoke cigarettes or use smokeless tobacco, stop. Quitting a tobacco habit is the best thing you can do to keep healthy. If you have diabetes, tobacco use increases your chance for having problems with your heart, eyes, feet and kidneys. Tobacco use will also increase your chance for getting lung and mouth

cancers.

Yes. There are medicines that help to lower cholesterol. Your health care provider will pick one depending on which part of your cholesterol is out of balance. If you use any of these medicines, you will still need to eat less high-fat food and be more active. Some people may need to take medicine for a few months. Others may need to take the medicine for a long time. If you begin taking medicine, it doesn't mean that you need to take it forever.

For example, getting your blood sugars down helps. So does giving up alcohol. If you make enough changes in your diet, and become more active, your health care provider may be able to reduce your medicine or even stop it.





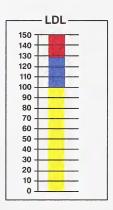
Know Your Numbers

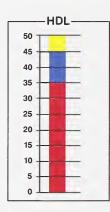
Your health care provider can order a simple test to check your blood fats. People with diabetes need this blood test done at least once a year. Find out your blood fat numbers. Use the chart below to see how you are doing.

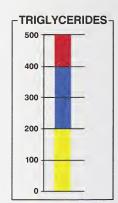
If your number is in the red range, you are at high risk for heart problems.

If your number is in the blue range, you have an increased risk for heart problems.

If your number is in the yellow range, keep it there. The yellow range numbers show you are at a lower risk for heart problems.







Key to Good Numbers

You are doing great! Keep up the good work!

You are doing all right, but could do even better. Try bringing your numbers into the yellow area.

You need to take a look at these numbers! It is a risk to have numbers in the red. Make changes to bring your numbers into the blue, then yellow ranges.



Diabetes Medicine

- Diabetes Pills, page 265
 - Insulin, page 268





Diabetes Pills

- How do pills help control high blood sugar?

 Diabetes pills help lower your blood sugar. There are many types of pills for diabetes. Each type of pill helps lower blood sugar in a different way. Your health care provider can help you learn about the pills you take. Your health care provider may prescribe one pill. If the pill does not lower your blood sugar, your health care provider may:
 - increase the number of pills you take, or
 - add a new pill or insulin, or
 - · ask you to switch to another pill or insulin
- Do pills work best alone? No. Pills work best when you also:
 - · lose weight, if you are heavy
 - become more active
 - · eat less fat food
 - eat less sugar food and drinks

Pills work best when you lose weight and become more active.

- Should you take the pills at a certain time? Yes. You should take the pills at a certain time. You should take the pills at the time you and your health care provider decide is best for you.
- Can you take too many pills? Yes. Taking too many pills is not good. Your health care provider decides your dose by looking at your blood sugar tests. If your blood sugar gets too low more than a few times in a few days, call the clinic. Your health care provider may change your diabetes pills.

I take my diabetes medicine at the same time, every day, just as prescribed.

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Taking more pills without your health care provider's advice will not help you. Talk with your health care provider if you have any concerns about your pills.

- What if you forget to take your pills?
 If you forget to take your pills, call the clinic. Talk with your health care provider. Here are some things you can do to remember to take your pills:
 - Take the pills at the same time each day.
 - Take only the number of pills you need each time. Do not take any more.
 - Take your diabetes pills or insulin even if you are sick. If you cannot eat much, call the clinic.
- How long will you need to take the pills?

 Some people may need the pills for the rest of their lives. Others need the pills for only a short time. If you are heavy and lose weight, you may be able to stop taking pills. Or you may be able to reduce the number of pills you take. Eating less and being more active will help you lose weight.

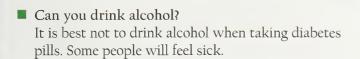
Your health care provider can help you plan a weight loss program.

Change habits slowly. Being more active and changing eating habits takes time. Work on small

daily changes. Talk with your health care provider about changes you can make.

Walking and eating less food have helped me.





■ Will you need to change how you eat? Yes. You will need to change how you eat. The pills work best when you also change eating habits:

- Space meals during your day. Three smaller meals are better than one large one.
- Eat less fat food.
- Eat less sugar food and drinks.
- If you are heavy, losing weight will help the pills control your blood sugar.

Talk with your health care provider about eating changes you can make.

Do you need to be more active? Yes. You need to be more active. Being more active helps your body cells and muscles use blood sugar for energy. Walking is a good way to be more active. Walking can help control your blood sugar.

- Your health care provider can help When you take oral pills, these are things you need to do:
 - take your pills daily
 - space meals throughout the day
 - · lose weight if you are heavy
 - eat less fat foods
 - eat less sugar foods and drinks
 - go for walks, be more active
 - see the doctor as scheduled





Insulin

■ What is high blood sugar?

Blood sugar comes from all the foods you eat, not just sweet foods. Your body changes the food you eat into blood sugar. Body cells and muscles use blood sugar for energy. Some people cannot get the blood sugar into cells and muscles. The sugar stays in the blood. They get high blood sugar. People with high blood sugar have diabetes.

- How can insulin help control high blood sugar? Insulin helps lower your blood sugar. It helps move blood sugar into body cells and muscles. Insulin cannot work alone. Insulin works best when you also:
 - lose weight, if you are heavy
 - become more active
 - eat less fat food
 - eat less sugar food and drinks

Insulin works best when you lose weight and become more active.

- Doesn't your body make insulin? Yes. Your body makes insulin. But adults who have high blood sugar do not make enough insulin. They need insulin shots.
- Does insulin come in pill form? No. Insulin must be taken as a shot. Insulin will not work as a pill.
- How will you learn to take shots? Your health care provider will show you how to take shots. It will be easy to give yourself shots after some practice.
- How often will you need to take insulin?
 You will need to take insulin daily. People take insulin

before a meal. Some people take insulin before breakfast and again before dinner. You also may need to take insulin at bedtime. Your health care provider will plan the times with you.

- Will you need to change how you eat? Yes. You will need to change how you eat. Insulin works best when you also change your eating habits. Here are some things you can do:
 - space meals during your day
 - · eat less fat food
 - · eat less sugar food

If you are heavy, losing weight will help insulin control your blood sugar. Talk with your health care provider about eating changes you can make.

- Can you eat more when you take insulin?

 No. You cannot eat more when you take insulin. You need to space meals during your day. If you eat too much food, your body won't have enough insulin. Your blood sugar will be high.
- Can you miss meals when you take insulin?

 No. You cannot miss meals when you take insulin.

 Missing meals when you take insulin may make you feel sick. You may feel hungry, shaky, sweaty or nervous, or notice a fast heart beat. These are the signs of low blood sugar.

When you take insulin, you need to learn about low blood sugar and how to treat it. Talk with your health care provider to learn more.

Do you need to be more active?Yes. You need to be more I thought taking insulin shots would be hard, but it isn't.







active. Being more active helps your body cells and muscles use blood sugar for energy. Walking is a good way to be more active. Walking helps control your blood sugar.

What if you forget to take insulin?
If you forget to take insulin, call the clinic. Talk with a health care provider. To remember to take insulin, take insulin at the same time each day. Take only the amount of insulin you need each time. Do not take any more.

How long will you need to take insulin?

Some people need to take insulin for the rest of their lives. Others need to take insulin for only a short time. If you are heavy and lose weight, you may be able to stop taking insulin. Or, you may be able to reduce the amount of insulin you take.

Eating less, and being more active will help you lose weight. Your health care provider can help you plan a weight loss program.

What are things you need to do when you take insulin?
When you take insulin, these are the things you will need to do:

- take insulin daily
- space meals throughout the day
 - eat less fat foods
 - eat less sugar foods and drinks
 - go for walks and be more active
 - see your health care provider as scheduled

Using insulin will become easy as you get practice.

I give myself insulin shots at work. I've gotten used to it.



- Diabetes and Feelings, page 273
- Diabetes and Stress, page 279
- Diabetes and Depression, page 281





Feelings and diabetes

You are told that you have diabetes. From that moment, your feelings may change. Many times these feelings hurt and you wonder if you will ever get back to feeling good again.

Many people with diabetes say that you can feel good again. However most of them did not start out feeling that way. Many of them felt upset when they first heard they had diabetes. You, too, may be feeling upset about learning you have diabetes. You are not alone.

Diabetes does not have to remain a "downer." You can feel good while having diabetes.

"You have diabetes."

What did you think when you first heard those words? Some thoughts others have had are:

- "I'll never be well again."
- "I can't do things freely like I used to."
- "People will think of me as a sick person."

One of the first things to do when you hear you have diabetes is to check out what you are thinking. It will be helpful for you to know that your diabetes

will not be the same as it was for others you may know. We know more about diabetes now. Your chances are better for good blood sugar control. Better blood sugar control means less chance for problems with your eyes, feet, heart and kidneys.

I have the support of my family. I have my traditions. Every day I am thankful for my wonderful life.

))





VVV

Some people may try to deny they have diabetes by saying something like:

- "No! It's not true!"
- "I can't have a disease. I feel well most of the time."
- "I'm only borderline. It's not like I really have diabetes."

It's okay to feel unsure about your diabetes. Talk to people about diabetes. Find out what new things have been learned. You may think it's better or worse than it really is.

Fear!

Some people are afraid when they first hear they have diabetes. They may feel like saying:

- "What does this mean for my life?"
- "Will I be able to do the things I enjoy?"
- "Will my family and friends understand?"

Diabetes is a serious problem. It requires change. Fear can cause you to run away from the problem and fight against change.

Fear about diabetes can also be helpful. Fear can help you look for the facts and answers. Knowing about diabetes and blood sugar control will help you. You can avoid the dangers of diabetes.

Anger!

Some people feel angry. They may feel like saying:

- "Why me? I don't deserve this!"
- "God is unfair!"
- "Why do I have to change the way I've always done things?!"

Anger is healthy and normal when diabetes comes into your life. You don't want it. You don't expect it. And you feel like you don't deserve it. The best thing you can

do with anger is to use it. Anger is raw energy. Getting busy and active may be helpful.

Sometimes you may just want to cry. Crying is one way to express anger and can also help you feel better.

Guilt!

People with diabetes often feel guilty. They may feel like saying:

- "If I just hadn't eaten so much, I wouldn't have diabetes."
- "I should have taken better care of myself."
- "I should have walked today."

Of all feelings, guilt may be the least helpful. It does little good to blame yourself or to focus on the past. It is more helpful to accept and learn from your mistakes. You can avoid making the same kind of mistakes in the future.

Sadness!

If you are sad, you may feel like saying:

- "I feel so alone. No one understands."
- "I feel like just sitting and doing nothing."
- "I feel like giving up. Why try? I can't make all those changes."

Feeling sad about diabetes can get you to start thinking. It also may be a sign that "feeling good" again is just around the corner.

Becoming strong

You may have gone through denial, fear and anger, and are now starting to accept the fact that you really do have a problem. You can begin to look at diabetes for what it is ~ a problem.

Everyone needs support. Everyone needs someone to help them.

99



66 When I found out I had diabetes, I just accepted it. I believe that we should slow down, and take itty-bitty steps.

You have solved other problems in the past. As a result, you have become a stronger, more able person. You can do the same with diabetes.

Talking helps

Try to find out which feelings you are having. Talk about them. Give them a name. Say, "I'm angry."
"I'm afraid." "I'm feeling guilty."

Talking about your feelings will help you better understand them.

Accepting diabetes

In time, you may learn to accept your diabetes. You may feel like saying:

- "I don't always like watching how much food I eat, but I know I will feel better when I do."
- "I have some special people in my life and I want to enjoy them as long as I can."
- "I will become well again and stay well. I can enjoy the rest of my life more if I am well."

Handling your feelings

When feelings get hard to handle, try to find out if it is your diabetes or other problems which may be causing a change in your feelings. Some questions you might ask are:

- "Is my diabetes out of control? If so, what caused it? Have I changed my food? My activity? Am I ill?"
- "Am I having problems at home? At work?"



How you feel matters a lot in diabetes care. Accept your feelings as normal and okay. Feelings are part of our body's alarm systems. They are not wrong or bad.

■ Feeling good while having diabetes

Can a person feel good while having diabetes? Is this really something to hope for? Yes! Many people really do feel good while having diabetes. Knowing about diabetes and blood sugar control will help you.

Feeling good means being in control of your blood sugar. Better blood sugar control means fewer chances for problems with your eyes, feet, heart and kidneys.

"I'm in control"

People feel better about diabetes when they find out how to control their blood sugar. They find out that they can make the daily choices to keep their blood sugar in control. They learn to enjoy good foods and a more active life. Their energy returns. Self-confidence increases. After a few months, they feel stronger.

- Diabetes is only a part of you
 Feeling good about diabetes comes from seeing
 diabetes as only a part of you. Persons who feel good
 while having diabetes learn to say, "I have diabetes. It
 is a part of me." They say, "I can still do the things
 that are special to me. I can still love, laugh, sing and
 play. I can still learn, work and make good
 decisions."
- Persons with diabetes feel good when they become aware of their inner selves. Diabetes, like other illnesses, may cause persons to come face-to-face with the fact that their bodies do not last forever.

Some people become more aware of their inner selves. This is the self that does not change with poor health. It is the self that is always worthy of the best care that can be given. They know that nothing that happens now, or in the future, can change the real



self. They learn to find peace and strength. They regain a freedom which cannot be taken away.

- Feel good by learning balance
 Persons with diabetes feel good when they learn to
 balance their lives. They accept that their bodies are
 a part of nature. They learn to eat no more than what
 their body will use in a day's time. They find ways to
 be more active and use up more energy every day.
 They learn to walk in balance with nature.
- Feel good by helping others

 Many people with diabetes want to help others.

 They want others to know that they, too, can control their blood sugar and feel good again. They also help family members make good choices. Families can support changes for better health.
- Feel better about diabetes
 You, too, will find a way to feel good. Your feelings
 about diabetes may be mixed at first. But as you learn
 to accept all of your feelings, you will begin to feel
 better about your diabetes. And you will be able to
 help others learn about diabetes.

Talk with your health care provider. Your health care provider can help you learn how to cope with your feelings about diabetes.

We cannot be physically healthy without nurturing our Spirit.



Diabetes and Stress

- What is stress?
 Stress is a feeling of nervousness, anxiety and worry.
 Stress can be caused by good and bad things.
 A person can be stressed because they are getting married. A person can be stressed because they don't like their job.
- Can too much stress harm a person? Yes. Too much stress, either good or bad stress, can harm a person's health.
- Does having diabetes increase stress?
 Yes. Having diabetes usually increases a person's stress. There is more to do. There is more to worry about. A person must check their blood sugar.
 They need to watch what they eat. They need to take their medicines. These new activities can be time-consuming and bothersome. They add stress.
- Does being stressed affect diabetes?

 Yes. Stress can affect diabetes. In many people,
 when there is stress, hormone levels in the body go
 up. The hormones cause blood sugar to go up.
- Can stress make blood sugar go up and down? Yes. Stress makes some people's blood sugar go up. Stress makes other people's blood sugar go down. Stress makes it more difficult to control blood sugar.
- How do hormones from stress affect blood sugar? When a person is stressed, the body releases hormones. The extra hormones make the liver release glucose. This extra glucose causes blood sugar to go up.



Painting
has
helped my
diabetes
and my
heart. It
helps me
relax and
get rid of
stress.

Are there ways to lower high blood sugar caused by stress?

Yes! If you are under stress, your blood sugar might be higher than normal. Here are things you can do to control your blood sugar:

- eat low-fat, low-sugar foods
- be physically active for 30 minutes, at least three times a week
- check your blood sugar
- take your medicines at the same time every day
- Are there ways to lower stress?
 Yes. Everyone feels stress from time to time. There are ways to reduce stress:
 - Think in a new way. Search for positive ways to look at stressful situations. Every problem is a chance to gain wisdom and experience.
 - Relax. Try deep breathing, meditation or yoga.
 - Talk. Talking to a friend, family member or health staff about what is causing the stress can help you get rid of it.
 - Join a group. Find out if there is a diabetes support group at your tribe or health center. You can learn more ways to reduce stress and control your blood sugar.



Diabetes and Depression

■ What is depression?

Depression is a feeling of sadness that does not go away. Sadness is a natural feeling. Usually it goes away after awhile. If sadness does not go away, a person has depression.

- How do you know if you have depression?

 If you have a strong feeling of sadness that does not go away, you may have depression.
- What are symptoms of depression?
 There are several symptoms of depression:
 - ongoing sad or empty feeling
 - feelings of hopelessness, guilt or worthlessness
 - loss of interest in hobbies or activities that were once enjoyed, including sex
 - · decreased energy, feeling tired all the time
 - · being unable to get out of bed
 - difficulty concentrating and making decisions
 - changes in appetite or weight changes
 - thoughts of death or suicide

If you have two or more of these symptoms, for two weeks or more, call a health care provider right away.

- Does having diabetes increase the chances of having depression?
 Yes. People with diabetes are at greater risk of having depression.
- Is depression serious?

 Yes. Depression can harm a person. If you or a friend or family member might have depression, call a health care provider right away.



Diabetes and Depression

- Is depression serious if you have diabetes? Yes. Having depression makes it more difficult to take care of yourself. A person is less likely to take their medication, be active or eat healthy food.
- Is there a way to get rid of depression? Yes. Counseling and medicine can help.
- If depression goes away, will it help a person's diabetes?
 Yes. Not having depression helps a person make better choices. They are better able to keep medical appointments and take medication. They have more energy and desire to eat good foods and be physically active.
- What should you do if you have depression?

 Talk to someone. Tell a friend or family member about your symptoms of depression. Call your health care provider.
- What should you do if a friend or family member seems to have depression?
 Call a health care provider right away. With help, a person can get rid of depression and start feeling joy

and happiness. Everyone is worthy of feeling good about themselves and about life. Everyone is an important part of the community, work place and family.

I used to be self-destructive.

Now I work at having a happy life.



Depression Self-Test

In the last two weeks, I have experienced:	Hever or Rarely	About Days	About Day	Almost D	ay
Feeling depressed, down, hopeless or irritable					
A lack of interest or pleasure in doing things I usually enjoy, including sex					
A change in appetite (eating more or less than usual)					
A significant change in weight (up or down)					
Fatigue or loss of energy					
Sleep disturbances (insomnia or sleeping more than usual)					
Trouble concentrating or making decisions					
Feelings of worthlessness or that I've let people down					
Agitation, such as pacing, hand-wringing or nervous behaviors					
Talking or moving more slowly than usual					
Suicidal thoughts, or the feeling that I'd be better off dead, or that no one would care if I wasn't around*					

^{*}Any thoughts or expressions of suicide are serious. Make sure you seek professional help.

If you answer "About 7-10 Days" or "Almost Every Day" in five or more categories, you may have depression. Show this to a friend or health care provider right away.

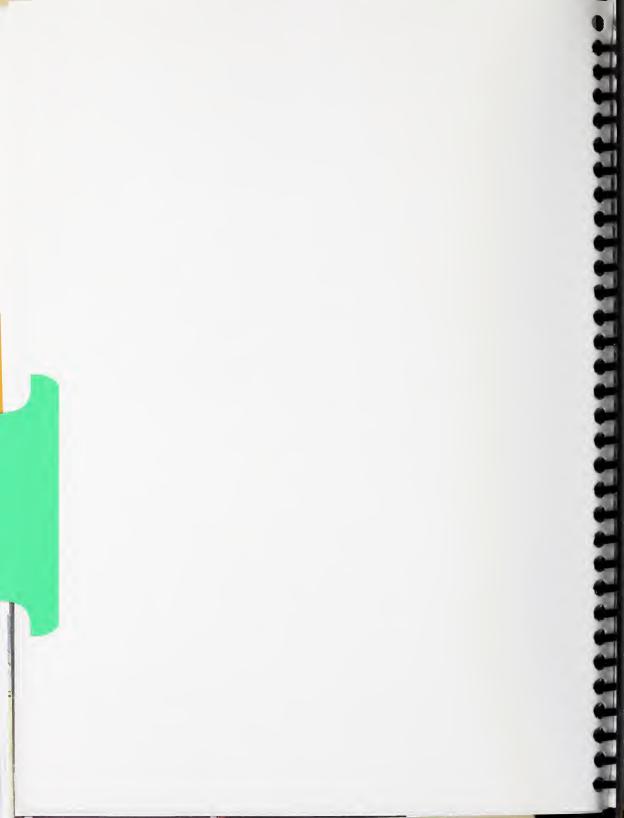
If you answer "About 3-6 Days" in many of the categories, it is possible that you have depression. Talk to a friend or health care provider.



Diabetes and Sexuality

- Men's Sexuality, page 287
- Women's Sexuality, page 290
 - Having aHealthy Baby, page 293





Men's Sexuality

Will diabetes affect your desire for sex?

Not directly. Diabetes does not affect sexual desire in men. However, diabetes brings many changes into your life. These changes may, at times, make you feel angry, scared or depressed. These feelings may affect how you respond to your partner.

If your diabetes is out of control, you may also be too tired for an active sex life. The key is to control your blood sugar. Controlling your blood sugar may improve your love life!

Does your blood sugar affect your sexual enjoyment? It may. Low blood sugar may affect sexual enjoyment. Some men may have problems with erections. Also sexual intercourse for some people may cause low blood sugar. Keep some fast-acting sugar nearby to use if needed. Be prepared.

Does diabetes cause sexual problems for men?

In most cases, diabetes does not affect your:

- sex drive
- ability to father children
- ability to ejaculate
- capacity to experience an orgasm
- Does diabetes cause trouble with having erections? Sometimes. Trouble getting or keeping an erection may or may not be caused by diabetes. Trouble with erections may be temporary. It may be caused by:

Diabetes brings many changes into your life.

99



Diabetes
Standards of Care



- Anxiety. A person may feel anxious when first told that he has diabetes.
- High blood sugar. Trouble with an erection may occur when diabetes is out of control.
- Nerve and blood vessel damage. Diabetes can cause nerve and blood vessel damage.
- Can other things cause trouble with an erection? Yes. Trouble with an erection can be caused by:
 - Stress. When under stress, men (with or without diabetes) may have trouble having an erection.
 - Drugs and alcohol. Trouble with an erection may be a side-effect of drugs or alcohol. This can include tranquilizers, hormones, blood pressure pills, marijuana and alcohol.
- Will controlling blood sugar help problems with an erection?

Yes! Controlling your blood sugar can decrease (or slow down) your chance of having problems with an erection.

- If diabetes is the cause, what can help?
 - Improved blood sugar control. Better control of blood sugar often results in improved sexual performance. Your health care provider, diabetes educator and nutritionist can help you get better control of diabetes.
 - Penile implants. Implants are sometimes used when men have problems with erections. For more information, talk to your health care provider.
 - Counseling. Counseling may be your choice of treatment when nerve and blood vessel damage are present. Sexual gratification can occur in ways other than sexual intercourse. Counseling will help you and your partner become aware of alternatives.



- If there is another cause, what can help?
 - Counseling. If your problem is due to stress in your life, counseling may be an effective treatment.
 - Medicine. If medicine is thought to be the cause, your health care provider may change your medicine. Never stop taking your medicine without approval by your health care provider.
 - Hormone balance. Erection problems caused by hormone imbalance can be treated with medicine.
- What can you do to get more information

 Talk to your health care provider. They can help you find out how to have a more fulfilling sex life. They can refer you to a counselor or other health care provider.



Talk to your health care provider. They can help you find out how to have a more fulfilling sex life.

Women's Sexuality

■ Will diabetes affect your desire for sex?

Not directly. Diabetes does not affect sexual desire in women. However, diabetes brings many changes into your life. These changes may, at times, make you feel angry, scared or depressed. These feelings may affect how you respond to your partner.

If your diabetes is out of control, you may also be too tired for an active sex life. The key is to control your blood sugar. Controlling your blood sugar may improve your love life!

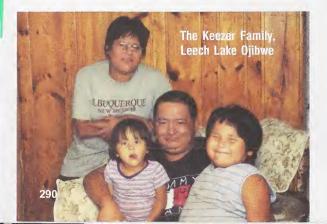
- Does your blood sugar affect your sexual enjoyment? It may. Low blood sugar may affect sexual enjoyment. Some women may not reach orgasm. Also sexual intercourse may cause low blood sugar for some people. Keep some fast-acting sugar nearby to use if needed. Be prepared.
- Does diabetes cause any sexual problems for women? In most cases, diabetes does not affect your:
 - sex drive
 - ability to experience an orgasm
 - ability to get pregnant

Some women may experience pain during sex.

It could be due to:

• Vaginal infection. Vaginal infections are more likely to occur if your diabetes is out of control. When you have an infection, you may have itching or burning. You may have swollen tissues in and around the vagina. Talk to your health care provider. They may prescribe some medicine for the infection.

We both have diabetes.
We have two children, and are raising them to be healthy.



- Neuropathy (disease of nerve fibers). Diabetes can cause neuropathy. Neuropathy may reduce the natural lubricating fluids released during intercourse. Your health care provider can suggest a lubricating jelly which will help.
- Can your menstrual period affect your blood sugar? It may. Some women notice changes in their blood sugar. This may occur just before and during their period. You may need to test your blood sugar more often during your period. This will help you and your health care provider decide how to adjust your eating, physical activity and medicine.
- Will diabetes affect your chance of becoming pregnant?
 No. The chances of women with diabetes becoming pregnant are the same as for those who do not have diabetes.
- How will you know if it is "safe" to get pregnant? Talk to a health care provider who knows about diabetes and pregnancy. They will tell you whether or not it is wise for you to become pregnant. They will consider:
 - your age and how long you've had diabetes
 - if you have had eye or kidney complications

Even if you have complications, you may still be able to have a child.

What factors should you consider before you become pregnant?

Think carefully before you decide to become pregnant. It is very important that you think about these things:

- Use birth control until your blood sugar is in good control before you get pregnant.
- You will need to work to maintain good control of your diabetes during pregnancy.

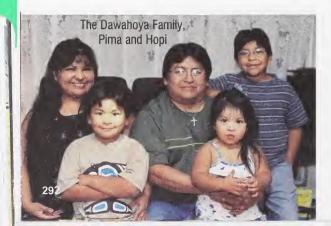


DVVV

- It's best to be at, or close to, your ideal body weight before you become pregnant.
- Both you and your partner should have a good understanding of how to manage diabetes.
- Keep in mind that pregnancy will require extra responsibilities:
 - checking your blood sugar
 - taking insulin or changing your insulin dose
 - seeing your health care provider more often
- What method of birth control is best to use? It's hard to say what is "best" for you. This is something you need to discuss with your partner and your health care provider. Here are some birth control choices:
 - Birth control pills. The types of pills with the least risk to women with diabetes are the low-dose combined or progesterone-only pills.
 - IUD (inter-uterine device). An IUD is almost as effective as the pill.
 - Other methods -- the diaphragm, foam and condom. They may not be as effective as the pill or IUD.
- What can you do to get more information? Talk to your health care provider. They can help you find out how to have a more fulfilling sex life. They can refer you to a counselor or other health care provider.

66 We have three happy, healthy children.





Having a Healthy Baby

You are told you're going to have a baby!
You are going to have a baby! How wonderful! Now,
you are told you have gestational (Ges-TA-shu-nal)
diabetes. Gestational means the nine months the baby
is growing inside the mother. If you are pregnant and
have high blood sugar, you have gestational diabetes.

Having high blood sugar can cause problems for you and your baby. Controlling your blood sugar will help reduce the chances for getting most of these problems.

■ What is gestational diabetes?

Gestational (Gest-TA-shu-nal) diabetes means having high blood sugar when you are pregnant. Blood sugar comes from all the food you eat, not just sweet food. Your body changes the food you eat into blood sugar. Body cells and muscles use blood sugar for energy. Blood sugar also helps your baby grow.

During pregnancy, your body goes through many changes. Sometimes these changes upset the way your body uses blood sugar. Some women cannot get the blood sugar into cells and muscles. The sugar stays in the blood. They have high blood sugar. Pregnant women with high blood sugar have gestational (Gest-TA-shu-nal) diabetes.

- Who gets high blood sugar during pregnancy? You are more likely to get high blood sugar if you:
 - are Indian
 - were overweight before getting pregnant
 - had a baby weighing more than nine pounds
 - had high blood sugar during other pregnancies
 - have other family members with diabetes



How do you know if you have high blood sugar?
All pregnant women should have a blood sugar test
during pregnancy. This test is called a glucose
tolerance test. The blood sugar test is done by having
you drink a sweet drink. A blood test is taken at
different times after the drink.

This test may be done shortly after your first prenatal visit and may be done between 24-28 weeks of pregnancy. The blood sugar test measures the amount of sugar in your blood. If your blood sugar is high, you have gestational diabetes. Ask your health care provider to review your blood sugar test results with you.

Can high blood sugar cause problems for you and your baby?

Yes. Having high blood sugar during pregnancy can create problems for you and your baby. High blood sugar can increase your chances of having:

- a baby with breathing problems
- a baby who weighs more than eight or nine pounds
- a still birth
- a baby with low blood sugar problems
- a baby with birth defects

Controlling your blood sugar can help you avoid these problems. You can control your blood sugar.

Can you have a healthy baby? Yes. Most babies born to mothers with gestational diabetes are healthy. Controlling your blood sugar will help you have a healthy baby. There are many things you can do to have a healthy baby:

- Make good food choices.
- Become more active. Walking is a good way to be more active.
- Record your home blood sugar tests. Show the results to your health care provider.

- Take a nap or rest at least once a day.
- Stop smoking or other tobacco use.
- · Do not drink alcohol.

Testing your blood sugar

You will need to test your blood sugar at home and at each clinic visit. Your health care provider will help you learn how.

Keep a record of all your home blood sugar tests. This record will show you how food and physical activity can change your blood sugar. The blood sugar record will also help you and your health care provider decide what is the best way to keep your blood sugars in a safe range. Bring the record each time you see your health care provider.

Will you need to take insulin?

Probably not. Most women with gestational diabetes can control their blood sugar with good food choices and physical activity. Sometimes diet and physical activity are not enough to control your blood sugar. Your health care provider may add insulin if your blood sugar stays high.

Your body will be able to use blood sugar better with insulin. Insulin is safe to use during pregnancy. Insulin shots will not hurt your baby. You may not need insulin shots after your pregnancy. Check with

your health care provider.

Will physical activity
help control blood sugar?
Yes. Physical activity can help
you control your blood sugar.
It can also keep your body
strong during pregnancy.
Wear loose-fitting clothes.
Wear good shoes that fit,
cushion and support your feet.

I had gestational diabetes. My daughter was born healthy. I was very, very happy.





Diabetes
Standards of Care

Having a Healthy Baby



Walking is a safe way to be active. Talk with your health care provider. They can help you plan a safe physical activity program.

Can food cause high blood sugar? Yes. Most foods cause your blood sugar to go up. Eating very big meals, eating sweets and high-fat foods can make your blood sugar too high.

Eating high-sugar foods and drinks will make your blood sugar high. Cakes, cookies, ice cream, pop, fruit drinks, punches, candy and jello are foods high in sugar. It is best to eat less sugar foods or drinks.

Eating many high-fat foods will make your blood sugar high. Fry bread, fried chicken, potato chips, corn chips, french fries, doughnuts, cheese and ice cream are foods high in fat. It is best to eat less fat foods.

Eat smaller meals plus snacks. This will help you keep your blood sugar in a safe range.

■ What food choices can you make to help control blood sugar levels?

There are food choices you can make that will help you control your blood sugar levels:

- eat smaller meals plus snacks throughout your day
- choose food from all the food groups
- eat less sugar foods or drinks
- eat less fat foods



You can make good food choices. You can eat many of your favorite foods. You can control your blood sugar.

My baby was born healthy. I checked my blood sugar and ate healthy food.

99

Diabetes
Standards of (

- What about using salt and sugar-free sweeteners? It is all right to use salt when you are pregnant. If your blood pressure goes up during pregnancy, you will need to use less salt. Be sure to ask for a blood pressure check the next time you see your health care provider. It is best to limit your use of sugar-free sweeteners, including diet sodas, during your pregnancy. If you use sugar-free sweeteners, your health care provider will help you include them in your diet.
- Will alcohol or tobacco use hurt your baby? Yes. Alcohol and tobacco can hurt your baby. Drinking beer, wine or any hard liquor can hurt your baby. The safest thing to do is not to drink any alcohol at all. Do not drink alcohol. Smoking or using tobacco is not good for you or your baby. Do not smoke or use tobacco.
- Should you gain weight?
 Yes. You should gain weight slowly while pregnant.
 You should not lose weight when you are pregnant,
 even if you are overweight. Your health care provider
 will talk to you about weight gain and weight control.
- Can you breast-feed your baby? Yes. Breast milk is best for your baby. Breast milk protects the baby from illness and allergies.

Best of all, breast-feeding may help your baby prevent or delay diabetes later in life. A baby who is breast-fed has a better chance of not growing up to be obese. Breast-feeding can also help you lose weight. Breast-feeding is good for you and your baby.

Will you need special tests? Maybe. Your health care provider may check your health and the health of your baby with special tests during your pregnancy. You may need to have some of these tests:

Having a Healthy Baby

- Home blood sugar test. You can check your blood sugar at home. Your health care provider will help you learn how. Keep a record of all your home tests. Bring the record to each clinic visit.
- Urine ketones. You may need to check your urine for ketones. Ketones may mean that you are not eating enough food.
- Hemoglobin A1c. This test shows your blood sugar level over the last two to three months. Your health care provider may want this test done once a month
- Ultrasound. This machine gives a picture of the baby. It can show if the baby is too big or too small. It also helps tell when the baby is due.
- Non-stress test. This machine checks your baby's heart. It tells if the baby can safely go through the last weeks of pregnancy and labor.
- Amniocentesis. This test shows the development of your baby's lungs. Babies may have trouble breathing after birth if the lungs are not fully developed.
- Will you get diabetes after your baby is born?

 Maybe. Many women who have high blood sugar during a pregnancy get diabetes later. You have a greater risk for getting diabetes if you had high blood sugar during pregnancy and you:
 - are Indian
 - are overweight
 - are inactive
 - are over age 30
 - have family members with diabetes

You will need to have another blood sugar test at the clinic six weeks after your baby is born. This test checks for diabetes.



Having a Healthy Baby

- Can you lower your risk for getting diabetes? Yes. You can lower your risk. If you are overweight after pregnancy, losing weight is the best thing you can do. You can lose weight in two ways:
 - 1. Make good food choices.
 - eat small amounts of food throughout the day
 - eat less sugar foods and drinks
 - eat low-fat foods
 - · do not drink alcohol
 - 2. Become more active.
 - walking is a good way to be more active

Making good food choices and being more active will help you and your family be healthy.

- You can have a healthy baby
 These are things you can do to have a healthy baby:
 - 1. Control your blood sugar.
 - eat small amounts of food throughout the day
 - stay active
 - eat less sugar foods and drinks
 - eat low-fat foods
 - take insulin if needed
 - 2. Record your home blood sugar tests. Bring your record to each clinic visit.
 - 3. Keep your scheduled visits with your health care provider.
 - 4. Take a nap or rest during the day.
 - 5. Stop tobacco use.
 - 6. Do not drink alcohol.

Talk to your health care provider. They can help you have a healthy baby.

We want our son to stay active and healthy.



Diabetes Standards of Care



Standards
of Care
for Type 2
Diabetes





IHS Standards of Care for Type 2 Diabetes

- What are the "Standards of Care?"
 The Standards of Care define the tests, treatment and education that a person with diabetes should have.
 The standards help guide health care providers and persons with diabetes through the complex process of taking care of diabetes. These standards are the basis of state-of-the-art diabetes management.
- What do the Standards of Care check for?

 The Standards of Care help you and your health care provider know what kind of diabetes care should happen at every medical visit and what should happen less frequently during the year.
- How do the Standards of Care guide your diabetes care?

 Diabetes is a disease that you and your health care provider will manage together for the rest of your life. By following the Standards of Care, you can learn how your body is doing. You will learn if you need more medical care and if you need to make changes in medicine, eating or physical activity.
- Who should know about the Standards of Care?
 You and your health care provider should both know about and use the Standards of Care.

I go to the clinic to get regular checks of my weight, blood sugar and blood pressure.





Why should you know about the Standards of Care? When you know about the Standards of Care, you better understand the meaning of the medical tests, the treatment and the education recommended for your diabetes care. You will also be able to work with your health care provider to make sure that you receive the Standards of Care on schedule.

You also will be able to work with your health care provider to make sure every Standard of Care is provided on schedule.

- Why are the Standards of Care important?

 People who receive the Standards of Care control their diabetes better, are less likely to develop diabetes complications and live a healthier life.
- When do the tests and exams in the Standards of Care happen?
 Your health care provider performs tests and exams during your medical visits. Some of these tests and exams happen during each visit. Others will happen less frequently during the year and some are done only once a year.
- What should happen at each medical visit? At each visit, your provider should check:
 - weight
 - blood sugar level
 - blood pressure
 - foot check
- What should happen every three months?
 Every three months, your provider should give you an:
 - AIC blood test
- What should happen once a year?Once a year you should also have the following:
 - eye exam

- · dental exam
- complete foot exam (checks the pulses and feeling in your feet)
- neuropathy screening (checks the nerve function throughout your body)
- serum creatinine screening (a blood test to check your kidney function)
- complete urinalysis and microalbuminuria screening (urine test to check your kidney function)
- lipid profile (blood tests to check the level of blood fats - cholesterol and triglycerides)

■ What about immunizations and other shots?

Flu vaccination - get a flu vaccination once a year.
 Flu vaccinations will help you to prevent getting the flu. Having the flu makes managing your diabetes difficult.



Ask questions. I've learned to take better care of myself.





- Pneumonia vaccination get a pneumonia vaccination once after you have been diagnosed with diabetes. For people over the age of 65, the pneumonia vaccination should be repeated every five years.
- Tetanus vaccination get a tetanus vaccination every 10 years.
- TB skin test all persons with diabetes should get a
 TB skin test at least once after being diagnosed with
 diabetes. Each person should check with their health
 care provider first.
- What do the Standards of Care say about learning to take care of your diabetes? All people with diabetes and their families should receive:
 - Nutrition counseling to learn healthy eating habits to control blood sugar, blood pressure and blood fats.
 You should visit a registered dietitian or nutritionist 1-2 times a year; more if necessary.
 - Diabetes self-care education to learn how to take care of your diabetes including blood sugar monitoring.
 It is important to learn how to manage your diabetes.
 - Exercise education to learn the kind of exercise that is okay for you and how often to exercise.
- Should you talk about Standards of Care with your health care provider?

 Yes! Let your health care provider know you have learned about Standards of Care. They will be glad you are learning more about diabetes. If you have more questions, ask your health care provider. You and your health care provider can work together to help you keep your blood sugar in control. Together you can prevent or delay diabetes complications.





Standards of Care Medical Check List

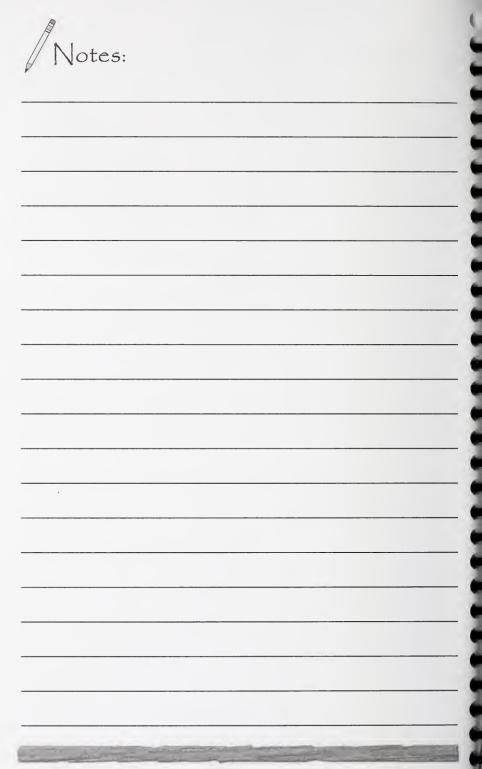
Frey Mais Visit

	E.	Æ,	4
weight	X		
blood sugar	X		
blood pressure	X		
Alc test		X	
eye exam			X
dental exam			X
foot exam			X
neuropathy screening			X
serum creatinine screening			X
complete UA/ microalbuminuria screening			X
lipid profile			X
flu vaccination			X

















A COLLABORATIVE EFFORT OF:

Indian Health Service
Division of Diabetes Treatment and Prevention

Indian Health Service Tribal Leaders Diabetes Committee (505) 248-4182